The pride of North Carolina's electric cooperatives

Volume 41, No. 6, June 2009

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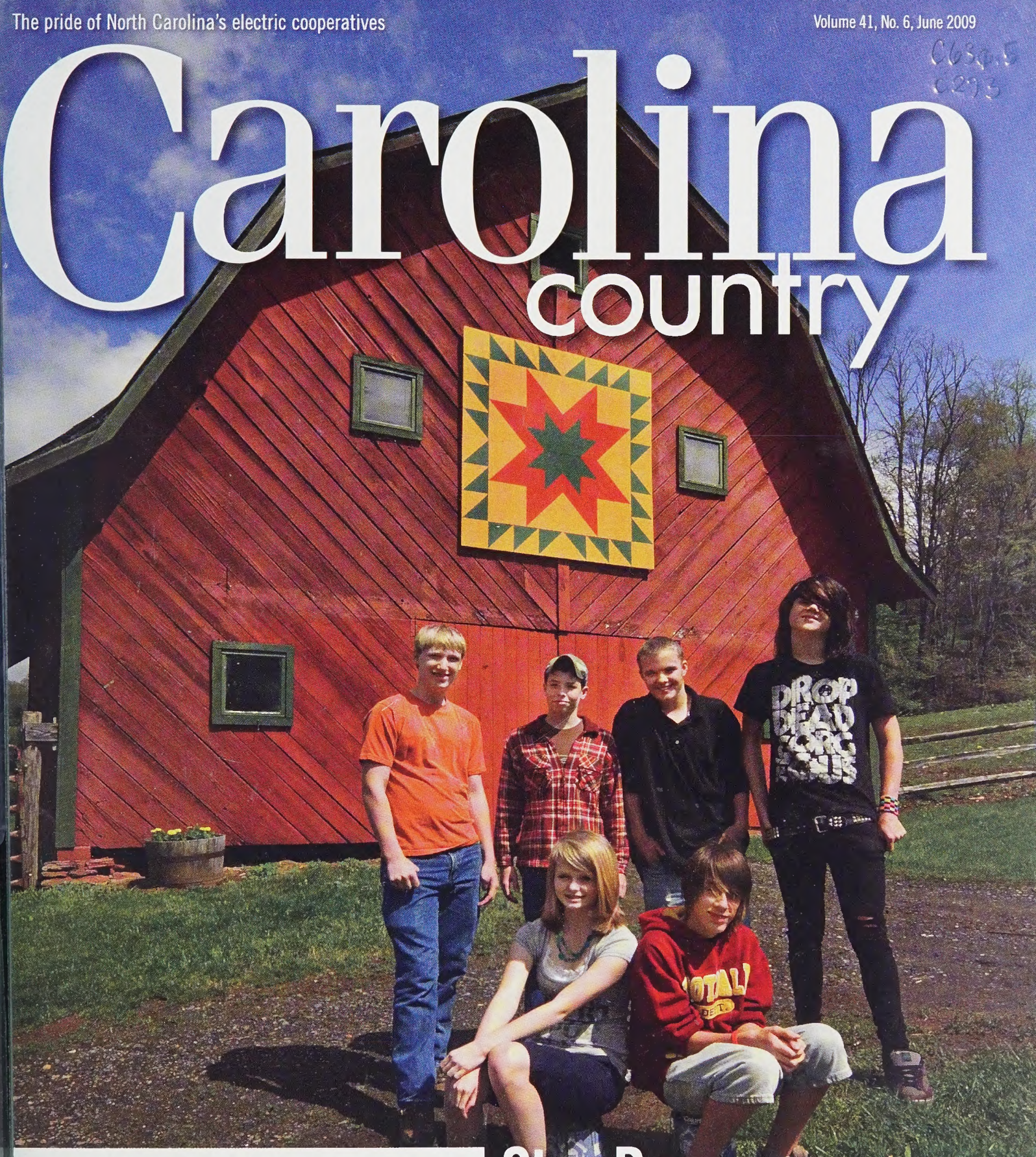
Carolina country



Star Barns

INSIDE:

Northwestern NC quilt trails

Electric grid evolution

Lumina's last day

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Your Touchstone Energy® Cooperative

Energetic Ideas for June—see page 22

How Do You Spell Pearl Necklace? F-R-E-E.

*Stauer comes to the rescue! $295 necklace of genuine cultured pearls...**FREE!***

You read that right. If you'd like the Stauer genuine 18" cultured pearl necklace absolutely **FREE**, all you need to do is call us today or log on to the website **www.stauer.com**. There is no catch. If you're wondering exactly how we can afford to do this... read on.

Despite tough economic times, Stauer has had a very good year. It's time for us to give back. That's why we're offering this stunning, 18" strand of genuine cultured white pearls for **FREE** (you only pay the basic shipping and processing). This is a classically beautiful necklace of luminous, smooth cultured pearls that fastens with a .925 sterling silver clasp ($295 suggested retail price). It is the necklace that never goes out of style. In a world where some cultured pearl necklaces can cost thousands, shop around and I doubt that you will see any jewelry offer this compelling!

Why would we do this? Our real goal is to build a long term client relationship with you. We are sure that most of you will become loyal Stauer clients in the years to come, but for now, in this lousy economy, we will give you these pearls to help with your future gift giving ideas.

We did find a magnificent cache of cultured pearls at the best price that I have ever seen. Our pearl dealer was stuck. A large luxury department store in financial trouble cancelled a large order at the last minute so we grabbed all of them. He sold us an enormous cache of his roundest, whitest, most iridescent cultured 5 ½–6mm pearls for only pennies on the dollar.

But let me get to the point: his loss is your gain. Many of you may be wondering about your next gift for someone special. In the past, Stauer has made gift giving easier with the absolute lowest prices on fine jewelry and luxury goods. This year, we've really come to the rescue.

For the next few days, I'm not offering this cultured pearl necklace at $1,200. I'm not selling it for $300. That's because I don't want to SELL you these pearls at all... I want to *GIVE* them to you. This cultured pearl necklace is yours **FREE**. You pay nothing except basic shipping and processing costs of $25.[25], the normal shipping fee for a $200–$300 necklace.

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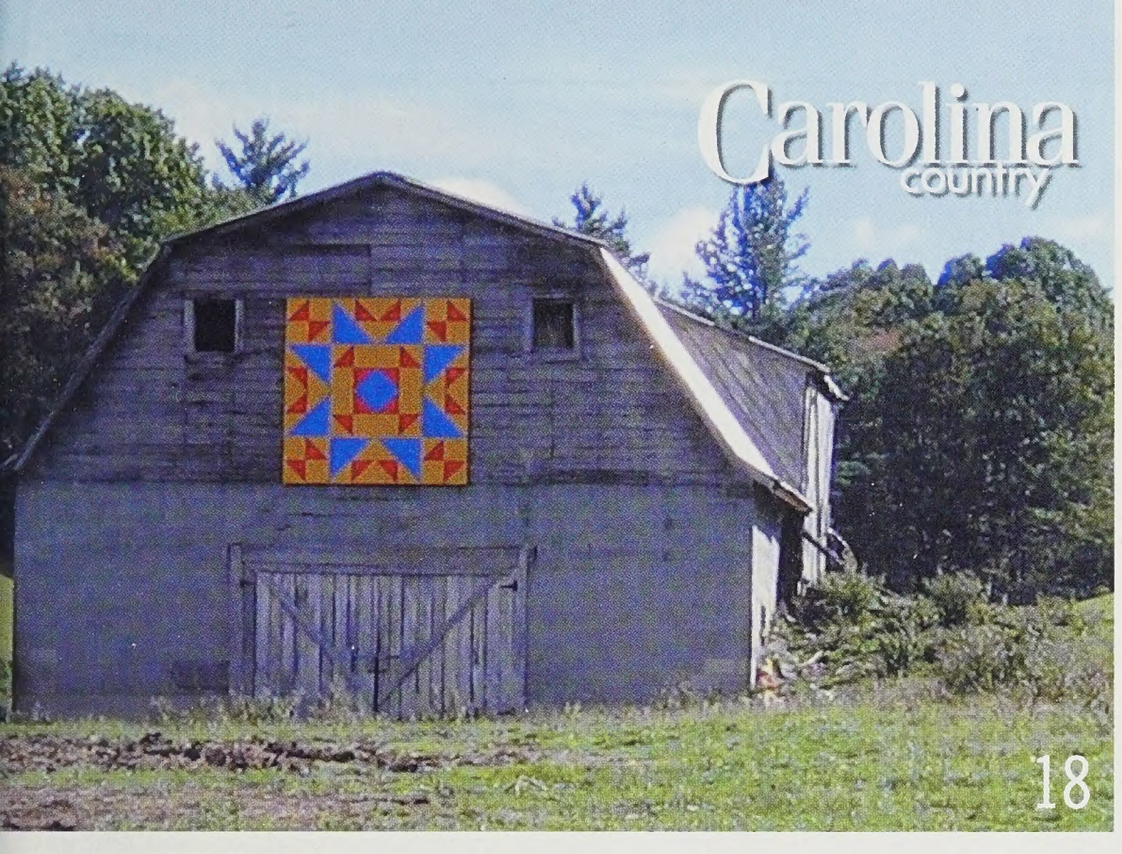

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ON THE COVER

Ashe County Middle School students made several quilt blocks that have been placed on local barns. This one is at River Ridge Farm, home of the Christmas trees raised by Jessie Davis and Rusty Estes, who supplied the 2008 White House tree. Learn about the Quilt Trails project on pages 18–19. The students are (front, from left) Makayla Church, Justin Parks; (rear, from left) Connor Lewis, Jackson Sloan, Joseph Roland, Nathaniel Steelman. Photography by Frederica Georgia, www.fredericageorgia.com

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Carolina country

Read monthly in more than 650,000 homes

Published by North Carolina Association of Electric Cooperatives, Inc.

Your Touchstone Energy® Cooperative

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Raleigh, NC 27616
www.carolinacountry.com

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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

Why Do We Send You Carolina Country Magazine?
Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $4 per year.

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Carolina Country magazine is a member of the National Country Market family of publications, collectively reaching over 8.4 million households.

Carolina Country is available on cassette tape as a courtesy of volunteer services at the N.C. Department of Cultural Resources, Library for the Blind and Physically Handicapped, Raleigh, N.C. (888) 388-2460.

Periodicals postage paid at Raleigh, N.C., and additional mailing offices. Editorial offices: 3400 Sumner Blvd., Raleigh, N.C. 27616. Carolina Country® is a registered trademark of the North Carolina Association of Electric Cooperatives, Inc. (ISSN 0008-6746) (USPS 832800)

POSTMASTER: Send form 3579 to P.O. Box 27306, Raleigh, N.C. 27611.

Subscriptions: Individual subscriptions, $10 per year. $20 outside U.S.A. Schools, libraries, $6.

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Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

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Is this pole apparatus familiar to you?

I worked for Union Power for over 40 years, retiring in 1984. Recently the history museum in Oakboro opened a wing with articles and pictures from the past of folks working for the co-ops.

This is a picture of me and some other boys who worked for Mecklenburg Electric Cooperative in the 1940s. In the background is a "line truck." It was actually a pickup truck that had been modified to help set power poles.

In those days, all the work was done by hand. We didn't have any hoists or bucket trucks to hold poles to set. This pole rig was developed by someone who probably got tired of having to set every pole by hand. It was one of the first of its kind, and the idea was "borrowed" and used by several other co-ops throughout Virginia and the Carolinas.

I wonder if someone is familiar with this type of setup and might have a picture of it. As you can see, this truck is in the background and it is hard to get a good picture of this pole apparatus.

If anyone comes across a picture, please forward a copy to Marshall Whitley, care of Union Power Cooperative, P.O. Box 5014, Monroe, NC 28111.

Also, be sure and stop in our museum in Oakboro if you get the chance. I think you would enjoy seeing how we used to do things in "the old days."

Marshall Whitley, Oakboro

At home in Madison County

I read the article about Madison County ["Carolina Country Adventures," February 2009], and agree that this is truly a hidden gem in western North Carolina. We discovered Madison County about five years ago and could not believe there was a place like this left in our state. The first thing we noticed was that everywhere we rode, county roads, way-back roads, every single person we saw spoke to us. They waved like we were already neighbors. And now we are, at least some of the time.

Bonita and Ted Brown, Currie, Four County EMC

My Ammie

I went to Miami, Fla., with my daughter on a business trip. My twin granddaughters were 5 years old at the time. When their mother and I returned, Makala (one of the twins) came rushing up to me and said, "Grandma, did you have a good time at your Ammie?"

Maddison (the other twin) said, "She went to Miami, not her Ammie."

What a delight grandchildren are and how they comprehend things!

Norma Auman, Asheboro

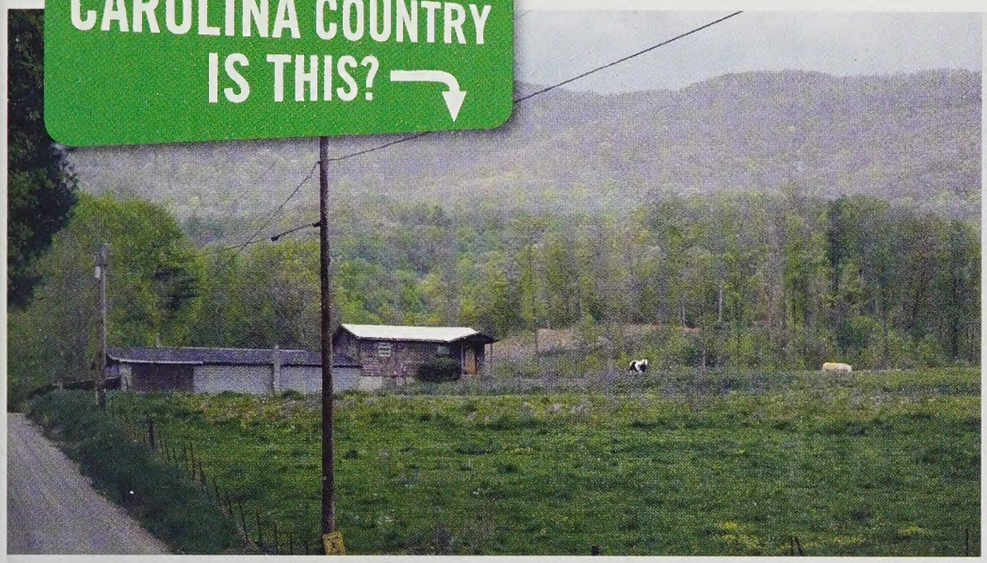
God at home

I would like to comment on the May issue's articles about "dream houses." After the second one, I was thinking, "Where is God in these homes?" Then I got to Sharon Hardin's letter about her "blessed home." Her story truly touched me.

I feel parents have lost the real meaning of love and being thankful to God for what they have. Teaching children about God and instilling Christian values in the home is coming to be a thing of the past. When it all comes down to the end of their life it will not be games, TV and all the material things that will be important, but if they have served God and love Him first and foremost.

Sandra Long

WHERE IN CAROLINA COUNTRY IS THIS?



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by June 8 with your name, address, phone number and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our July issue, will receive $25.

May winner

The May picture showed a scene from the historical replica Indian village built on Tuscarora Nation land near Maxton, Robeson County, Lumbee River EMC territory. It wasn't meant to be a trick photo, yet many of you thought it was the Town Creek Indian Mound in Montgomery County or the Meherrin Indian village in Hertford County. The $25 winner chosen at random was Debbie Locklear of Maxton, a member of Lumbee River EMC.

Carolina Peanuts

One of the readers who submitted an answer to the question "Where Is This?" in April's magazine was the owner of the Pender County building on Hwy. 17 pictured that month. Toni Castoro wrote that "We purchased this building from the original owners in the late 1990s" and gradually began selling furniture. Since then they made three additions to the building and built a new one behind it so that Hampstead Furniture occupies more than 40,000 square feet. Included in the letter was this photo of the original building, Carolina Peanuts, which many readers remembered.

Will this make a comeback?

This was the Hoover Cart built by my grandfather in the 1930s. He took the front end out of an old T model Ford and made the cart for transportation. People then couldn't afford gas, and work was scarce.

Times eventually got better, but the Hoover Cart was still around. We grandchildren would hook it up to old Judy, my grandparents' horse, and drive it around, usually on the rims because the tires had rotted away.

After my grandparents passed away, the cart was rotting away so with the help of some friends it was rebuilt. I still have the Hoover Cart in my shop.

I wonder if the time is near when we will be pulling the front ends out of our SUVs with our 17-inch chrome wheels and $800 Michelin tires, and build another mode of transportion.

What will we call it?

Jim Ball

Carolina Country goes to school

I want to express my most sincere appreciation to you and your publication staff for allowing me the use of Carolina Country this school year. I have been adding your periodical to my literature review for several years, and the students truly do enjoy the articles. What a wonderful way to use current, meaningful articles (especially so close to home) to illustrate excellent writing techniques and a variety of articles. I just cannot tell you the myriad of ways I incorporate it into my English and North Carolina social studies classes.

Cynthia Parker,
Charity Middle School, Rose Hill

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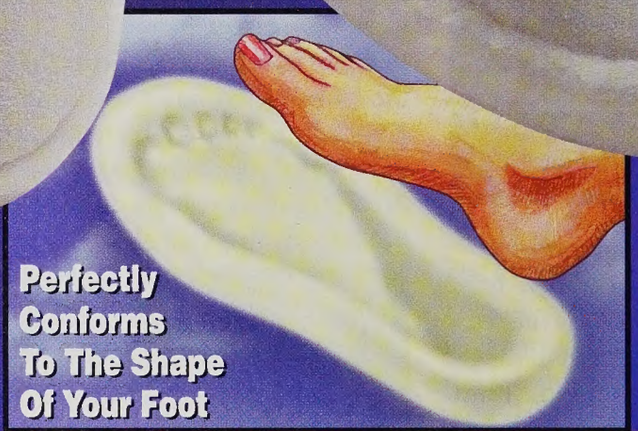

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Hydrogen fuel cell helps co-ops reduce power costs

A fuel cell that makes electricity using hydrogen fuel is at work at the headquarters of Edgecombe-Martin County EMC in Tarboro. The 1-kilowatt fuel cell operates daily from 1 to 5 p.m. and supplies power to the grid for "peak-shaving" purposes (sending power back to the grid when electricity demand is high).

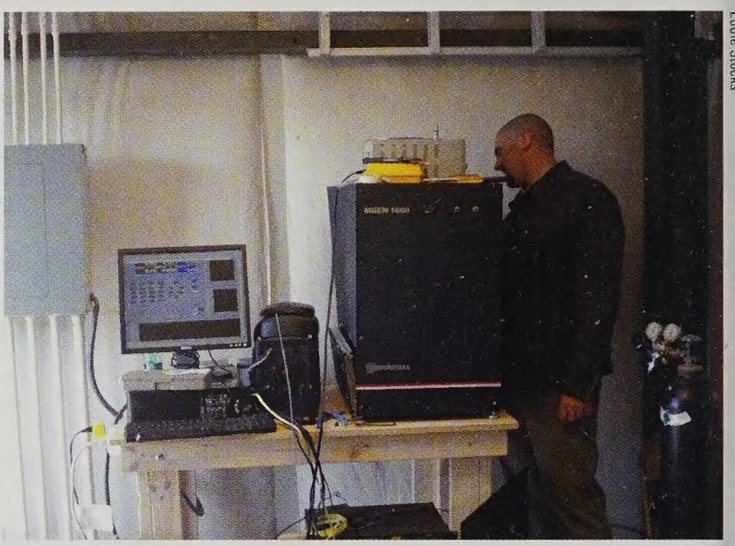
The fuel cell is a MGEN1000 made by Microcell Corp. at its 80,000-square-foot facility in Robersonville. Fuel cells are electrochemical devices that convert chemical energy directly into electrical energy. Unlike batteries, which convert chemical energy stored within the battery, fuel cells continue to deliver electrical energy as long as fuel is supplied. Microcell is the world leader in proton exchange membrane (PEM) microfiber fuel cells that operate on a cylindrical platform for applications ranging from back-up power to automotive.

The Edgecombe County installation is sponsored by the Cooperative Research Network (CRN), an organization which monitors, evaluates and applies technologies that help electric co-ops control costs.

"We are excited to be a demonstration site for Microcell's technology," said Bob McDuffie, CEO of Edgecombe-Martin EMC. "Our data collection and monitoring have found that the unit operates reliably and that implementation of the technology at a larger scale can be beneficial to the grid's power. We are particularly pleased that this fuel cell technology is manufactured in our community and brings jobs to eastern North Carolina."

"The North Carolina electric cooperatives have always shown leadership in the area of new technology for rural electric utilities across the nation," said Bob Goodson of GreenCo Solutions, a member-owned, not-for-profit company focusing on energy efficiency initiatives and renewable resources for its member electric cooperatives. "This project is another example of North Carolina taking a leadership role in the demonstration of green generation technologies."

Edgecombe-Martin County EMC serves about 12,000 members throughout portions of eight counties in eastern North Carolina.



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Eddie Stocks

Above, top: The Microcell fuel cell is installed at Edgecombe-Martin County EMC's headquarters in Tarboro.

Above, bottom: The co-op's board president Millie Lilley helped Rep. G.K. Butterfield recently when the Congressman presented an economic development check to assist Microcell's fuel cell development. They are flanked by Microcell's president and CEO Ray Eshraghi (left) and Stan Crowe of Martin County Economic Development Corporation.

Statewide co-op organizations elect officers and committee members

Board members at the annual meeting of North Carolina's electric cooperative statewide organizations in April elected the following officers and committee members for 2009–2010.

N.C. Electric Membership Corp.

NCEMC, a generating and transmission cooperative

President Buddy G. Creed, South River EMC; Vice President R. W. "Chip" Leavitt Jr., Brunswick EMC; Secretary/Treasurer Donald H. Spivey, Pee Dee EMC.

NCEMC Executive Committee

Buddy G. Creed, South River EMC; R. W. "Chip" Leavitt, Brunswick EMC; Donald H. Spivey, Pee Dee EMC; Craig A. Conrad, Carteret-Craven EC; B. L. Starnes, Union Power Cooperative; L. A. Harris Jr., Albemarle EMC; Carl W. Kornegay Jr., Tri-County EMC; Curtis Wynn, Roanoke EC; and Roy Ed Jones Jr., Wake EMC

N.C. Association of Electric Cooperatives

NCAEC, a services association

President Bradley V. Furr, Albemarle EMC; Vice President Mark A. Suggs, Pitt & Greene EMC; Secretary-Treasurer J. Douglas Brinson, Tideland EMC.

continued on page 10

Try This!

Q: Can you address the situation of venting versus not venting a crawl space? We have a new home on a crawl space. The builder said to keep the space vented, but I've read other articles that say the opposite. I just read an article about putting down heavy plastic on the ground, spraying the walls and adding a dehumidifier.

Charlee Kohler, Hertford

Advanced Energy

A properly closed crawl space with a vapor retarder covering the floor.

A: Recent research conducted by Advanced Energy in North Carolina has shown that a properly closed crawl space is a great improvement over a traditional wall-vented crawl space.

Two projects involving over three dozen homes in the Triangle and in Princeville have demonstrated that a closed crawl space dramatically reduces the humidity levels under the home. Reducing crawl space humidity helps to eliminate odor problems, mold growth, buckling hardwood floors and damage from rot or wood-destroying insects. Installing a closed crawl space also reduces the amount of electricity needed to heat and cool a home. In Advanced Energy's projects the annual reduction was more than 15 percent.

These results supported the creation of a whole new section in the North Carolina Residential Code in 2005 to provide minimum requirements for builders and consumers who want to install properly closed crawl spaces.

Closed crawl spaces are sometimes also called "unvented" or "sealed," and the primary differences from a vented crawl space are that they have no intentional openings to the outside, a 100 percent vapor retarder covering the crawl space floor, and some type of drying method. A dehumidifier would certainly be an effective drying method. A less expensive method, such as installing a supply duct to provide conditioned air to the crawl space, has been used with great success in Advanced Energy's research projects.

When installing a closed crawl space, a homeowner or contractor needs to ensure that they comply with requirements for fire-rated insulation products, termite inspection gaps, combustion safety and flood protection.

Advanced Energy has provided detailed recommendations, sample designs and links to the products and installers used in its research projects at www.crawlspaces.org. North Carolina homeowners can also contact Advanced Energy for answers to questions not covered on the Web site by calling (800) 869-8001 and submitting a consulting request to the building science team.

Can you help others save energy?

Send your conservation ideas or questions to us:
P.O. Box 27306, Raleigh, NC 27611, or E-mail: editor@carolinacountry.com

Register your farm at NCFarmFresh

Interest in buying locally grown fruits, vegetables and meats continues to grow as consumers look to support local growers and find foods that haven't traveled very far from the field to the table. To tap into this growing trend, the N.C. Department of Agriculture and Consumer Services is ramping up its efforts to help shoppers find locally grown farm products in their area through promotions and updates of the department's Web site www.NCFarmFresh.com

Consumers can search for retail farms, roadside stands, farmers markets, community-supported agriculture operations, nurseries, retail garden centers and similar outlets in their area that sell directly to the public. Listings can be searched by the type of commodity being sold, by county or by region. NCFarmFresh.com has been active for around five years and lists more than 1,000 farms, 119 certified roadside stands and 116 farmers markets. The site has traditionally focused on fruits and vegetables, nursery products and Christmas trees; however, farmers who sell meat and dairy products can now sign up to be listed.

The department will soon launch a statewide advertising campaign encouraging consumers to use the Web site to find local vendors. The campaign is being funded by special grants from the Golden Leaf Foundation, the U.S. Department of Agriculture, as well as cooperative funding from commodity associations.

Farmers can register their farms by logging on to NCFarmFresh.com and following the links on the home page. They may also contact NCDA&CS at (919) 733-7887 for assistance.

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Goodness Grows In NC

Roanoke Electric's safety practices score well during first-ever unannounced inspection

Farris Leonard

Roanoke Electric Cooperative employees show a pole transformer and line truck to the safety inspection team during the unannounced site visit in April.

North Carolina's electric cooperatives this year became the second in the nation to begin unannounced, on-site safety accreditation inspections. Previously, co-op management had advance notice of the inspection that is required for a co-op to meet national accreditation standards.

Roanoke Electric Cooperative, based in Rich Square, this spring was the first co-op in the state to undergo the unannounced inspection and scored very high marks, reported Tommy C. Greer, the inspection's team leader from North Carolina Association of Electric Cooperatives (NCAEC).

The purpose of the Rural Electric Safety Accreditation Program (RESAP) is to help co-ops maintain a safe working environment for all employees in order to preserve life and prevent injury, enhance system operation, inform co-op employees about safety and loss control concepts, and recognize accredited systems and management that meet these standards. Besides enjoying a safe workplace, accredited co-ops can earn discounts on their insurance costs. Established in 1967, the accreditation program is voluntary, but in this state, 25 of the 26 cooperatives participate—the highest participation rate in the nation.

"Our recent unannounced safety inspection component of the NRECA safety accreditation is a good example of how we are becoming more efficient and safer," said Roanoke Electric's CEO Curtis Wynn. "Instead of spending two to three weeks of unproductive time preparing for a scheduled safety inspection, our employees understand that it's more important that we always follow safe working practices. Doing this on a daily basis makes the timing or scheduling of the safety inspection irrelevant. I am proud of our employees' response to our challenge to them to work safer, and I'm more confident that we are more efficient in the other things we do."

A team of four job training and safety professionals with NCAEC conducted the inspection. They followed a rigorous checklist of more than 170 points of inspection, including office, warehouse, garage and yard facilities, overhead and underground lines, substations, work procedures, vehicles, equipment, tools and general safety awareness among employees.

Curtis Wynn, who also sits on the Education Research and Technology Committee of the National Rural Electric Cooperative Association, said a safe environment ranked high, along with reducing operating costs, enhancing customer service and improving performance, in a recent organizational assessment that Roanoke Electric conducted internally. "Working safely is a critical component of everything we do at Roanoke Electric Cooperative," he said. "So we have placed a significant amount of attention, in the past two years, to making it one of the common values of our organization."

Co-ops apply for safety accreditation every three years. Other North Carolina cooperatives applying for safety accreditation this year are Blue Ridge Electric, Carteret-Craven Electric, EnergyUnited, Halifax EMC, Haywood EMC, Lumbee River EMC, Rutherford EMC, South River EMC and Tideland EMC.

Statewide co-op organizations ...

continued from page 8

NCAEC Executive Committee

Bradley V. Furr, Albemarle EMC; Mark A. Suggs, Pitt & Greene EMC; J. Douglas Brinson, Tideland EMC; Kelly Harrington, South River EMC; Richard H. Johnson, Pee Dee EMC; James B. Kinghorn Jr., Cape Hatteras EC; H. Wayne Wilkins, EnergyUnited; Jeffrey Loven, French Broad EMC; Frederick A. Tedder, Brunswick EMC.

Tarheel Electric Membership Association

TEMA, a material supply cooperative

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Competitive Issues Committee

R. W. "Chip" Leavitt Jr., Brunswick EMC; Donald H. Spivey, Pee Dee EMC; Curtis Wynn, Roanoke EC; J. Ronald McElheney, Jones-Onslow EMC; Tony E. Herrin, Union Power Cooperative; James E. Mangum Jr., Wake EMC; Craig A. Conrad, Carteret-Craven EC; Dale F. Lambert, Randolph EMC; J. Michael Davis, Tri-County EMC.

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The Evolution of America's Electricity Grid

The U.S. has reached the stage where new, "smart" transmission systems are needed to deliver power to where it's needed

By Scott Gates

Few things can cripple power lines quite like an ice storm. In late January, one of the largest such storms on record swept through the central United States, coating power lines with up to 3 inches of ice. Thousands of miles of power lines and tens of thousands of utility poles snapped under the weight, leaving some 1.3 million homes and businesses across eight states in the dark.

Federal disaster areas were declared in Arkansas, Kentucky, and Missouri. In Arkansas, 35,000 electric co-op-owned poles were left broken and splintered. Early estimates put the damage to Missouri electric cooperatives at $144 million; Kentucky electric co-ops suffered more than $106 million in damages.

As thousands of electric co-op employees, including help from North Carolina linemen, worked to restore power across the region, Mitchell Johnson, president & CEO of Fayetteville, Ark.-based Ozarks Electric Cooperative Corporation, declared the event the most devastating in his cooperative's 70-year history. "We are rebuilding what took decades to put up," he said.

As the 2009 ice storm demonstrated, the complex network of power lines crisscrossing neighborhoods and open country remains critical to supplying consumers with safe, reliable and affordable electricity. At a time when increasing renewable electricity generation, demand side management and energy efficiency are national priorities, the success of these relies on a well-maintained and up-to-date electric delivery system.

High-voltage transmission lines are needed to carry bulk power long distances.

The tricky thing about electricity is that it must be used, or moved to where it can be used, the second it's produced; it generally can't be stored like water or gas. What's more, electricity moves at the speed of light along the path of least resistance. This basic principle calls for a carefully monitored, intricate system to move it 24 hours a day, notes the Princeton, N.J.-based North American Electric Reliability Corporation, which oversees reliability of the electric transmission grid covering the United States, most of Canada, and the Mexican state of Baja California Norte.

Literally millions of miles of power lines span the United States in a complex series of "highways." These lines can be broken into two main categories: transmission, the high-voltage "interstates" supported by steel towers and other similar structures that move electricity over vast distances; and distribution, the "local roads" that run through small towns and neighborhoods and into homes and businesses.

This electric transmission grid and associated electric generating plants, which can be described as the largest machine ever built, has evolved and grown over the last century. Yet today's transmission grid struggles to meet the twin demands of carrying larger volumes of electricity (required by our digital economy) and hauling blocks of power long distances—the electricity you use to turn on a light could have been generated several states away less than a second ago. And as more power plants, including renewable energy projects like wind farms, come on-line,

it's clear that not only is the transmission grid being asked to do more than was originally envisioned, but the investment to build more transmission has struggled to keep pace.

"For the last decade or so, new transmission construction has not kept pace with the development of new power supply," argues Barry Lawson, NRECA manager, power delivery. "There hasn't been any significant, backbone transmission added to the grid in quite some time. For awhile, we didn't necessarily need new transmission facilities—we had an adequate transmission system. But now there's a critical need for both new lines and improved efficiencies for existing lines, especially if the country decides to move forward with climate change and carbon-related legislation."

"The electricity transmission and distribution system has become a national priority," declares U.S. Energy Secretary Stephen Chu. "Before, in the last century, we generated electricity locally, and we used it locally. But because our renewable resources are in very distant parts of the country—for example, in the Dakotas, where there are incredible wind resources, or in the Southwest where there are incredible solar resources—you want to be able to move that energy over to population centers. We do not have the system to do that today."

Before any transmission lines are actually built, transmission planners must go through a lengthy approval process, Lawson explained. The effort begins with a proposed route, along with possible alternatives, that takes advantage of any existing rights of way. Once initial plans are made, a public outreach process typically begins. The pros and cons of new transmission lines are explained to neighboring communities along the proposed routes. If there is little or no opposition, the permitting process within the impacted states can begin. However, there is typically significant opposition to the construction of new transmission.

"With all of these issues considered, it typically takes seven to 10 years to plan and build new transmission, and in some cases it can take longer," says Lawson.

Incorporating the "smart grid"

Many experts agree that when new transmission and distribution lines are built, they should be designed and integrated in the existing grid to operate as effectively and efficiently as possible. This is one part of what's being called a "smart grid."

"The definition of a 'smart grid' varies, depending on who you're talking to and what they're looking to achieve," says Jay Morrison, NRECA senior regulatory counsel. "The common thread through all smart grid technology is greater communication and integration between all the various pieces of the grid, from the power plants generating electricity to the homes and businesses using it. It's about interoperability, automation, system visibility and control."

Electric cooperatives have been using "smart" components for years. Some have deployed an Advanced Metering Infrastructure (AMI), which has been described as the foundation for a smart grid. AMI relies on high-tech meters to relay data between a co-op and where electricity is used. This information can be used to efficiently track use, pinpoint outages, control automated appliances in homes, remotely disconnect power—the list goes on.

"The smart grid is about making the use and delivery of electricity more reliable and efficient," says Morrison. "Any new smart grid elements should be consumer-focused, added to the system only when they're proven to be useful—too much 'smarts' only raises costs to consumers."

Through the federal stimulus bill signed into law in February, DOE received $4.5 billion for a wide range of smart grid demonstration projects and investments. Utilities are hard at work determining the most useful ways to turn these funds into real results.

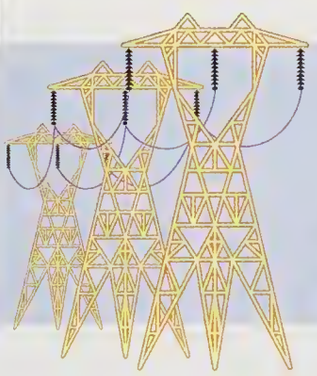
Whatever range of technologies is used to build a smarter grid, it must make sense for consumers footing electric bills, NRECA's Lawson stresses. "There is a great need for new transmission, and a smart grid could provide useful benefits in that area. But it needs to be something that benefits the consumers, and it must be kept affordable, practical, and simple. A smart grid should help consumers save money, not spend it."

Scott Gates writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

Sources: Electric Power Research Institute, U.S. Department of Energy, National Rural Electric Cooperative Association, Cooperative Research Network, North American Electric Reliability Corporation

Transmission Lines: A Field Guide

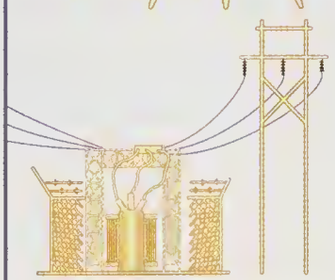
There is currently no efficient, cost-effective way to store electricity long-term. High voltage transmission lines are used to deliver electricity from generation plants to consumers.



High-Voltage Transmission Lines

Large amounts of power, measured by watts, are delivered by transmission lines. These lines are energized with very high voltage in order to move the power long distances with minimal losses. Insulators on the towers prevent the power from flowing to the towers or the ground.

Electric cooperatives own and maintain 65,000 miles (6 percent) of the nation's transmission lines!



Substations and Sub-Transmission Lines

Transformers at transmission substations reduce the voltage from transmission levels to sub-transmission levels, typically ranging from 115,000 volts to 34,500 volts. Sub-transmission lines deliver power over short distances to industrial sites and distribution substations.

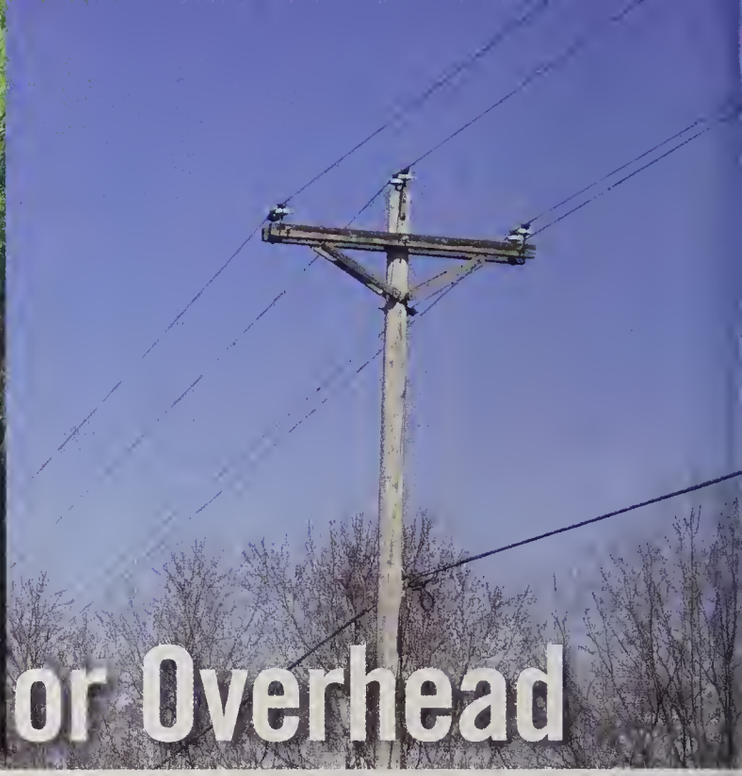
The lines also deliver electricity to distribution substations, where transformers reduce the voltage. At distribution substations, transformers reduce the voltage to a lower level, typically 34,500 volts, 25,000 volts, or 12,500 volts.

Distribution Lines

The lines typically seen along rural roads and next to homes are generally single phase distribution lines, energized at 7,200 or 14,400 volts. Transformers on the power poles lower the voltage to between 120 and 480 volts to serve residential homes and small businesses.

Electric cooperatives own and maintain 2.5 million miles (42 percent) of the nation's distribution lines!

Source: National Rural Electric Cooperative, Iowa Association of Electric Cooperatives



Underground or Overhead POWER LINES?

Cooperatives consider all angles when building and repairing power lines. Underground lines are much more expensive, but there are times and places where they make sense.

By Kristie Aldridge

The debate about which distribution system is more practical—overhead power lines or underground power lines—presents itself after almost every major storm, like a hurricane or ice storm, in our state. Each system carries its own set of benefits as well as concerns, and North Carolina's electric cooperatives consider these carefully on a case-by-case basis when installing new distribution lines.

Underground lines are most frequently installed when a new development or subdivision is being built, which is also when the installation of underground lines makes the most economic sense. In these cases, electric cooperatives comply with zoning ordinances or developers' requests, and the costs are usually absorbed in a developer's pricing structure.

Since underground lines became practical in the early 1990s, developers, especially those in high-end or resort communities, have more frequently requested the installation of underground lines, mainly for aesthetic reasons. Underground lines cost three to four times as much as overhead lines, but they limit visual pollution and are well protected from damage caused by ice and wind, including falling trees and branches.

Although underground lines are protected from damage, they are harder to repair than overhead lines.

Although underground lines are protected from damage, they are harder to repair than overhead lines. Faults on the line are more difficult to find, and as a result, it takes longer for the repair to be made. Repairs to underground lines are also more costly and time consuming than those made to overhead lines. However, overhead lines are more likely than underground lines to suffer damage because they are exposed to ice and wind. Even though overhead lines are more susceptible to outages than their underground counterparts, the reliability of overhead distribution lines remains strong. In the absence of a severe storm, electric cooperative members rarely experience much more than dimming lights. And as repairs and upgrades are made to the electric infrastructure system, reliability will further increase.

Just as they did decades ago, North Carolina's electric cooperatives serve their members with reliability and affordability in mind, and each cooperative will continue to independently weigh the benefits and concerns when choosing between overhead and underground lines.

Kristie Aldridge is senior communication specialist for the N.C. Association of Electric Cooperatives. Because of an error in the editorial production process, a photo of ground-source heat pump tubing was published along with this article in April.

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HOW TO LOSE WEIGHT and gain it back again

Your stories of exercise schemes that almost worked

The stationary treadmill

My husband decided to join a gym. He would work out faithfully since he was paying money to do it. He was doing well until gas prices went sky high. To solve that problem I told my husband I would get him a treadmill for Father's Day. Then we could all use it.

We assembled the treadmill and put it in one of our outbuildings. I would sneak out and get on the treadmill and walk. I could not even last five minutes. It concerned me, so I began telling my daughter or husband when I went, so if I didn't return in a reasonable time they could call 911.

Much to my sorrow I never could do any better. Six minutes had become my goal. How sad is that?

After a few more attempts, my husband entered the building and I was walking my heart out (probably literally). He asked me what I was doing. I looked at him confused and said, "Walking on the treadmill."

He said, "Don't you think you need to turn it on?"

How dumb could I be?

Cathy Crumpler, Tri County EMC, Mount Olive

The Pizza Path Diet

When my husband and I were newlyweds, we decided it was time to shape up and get fit. We were going to walk an hour a day, five days a week. At first, it worked. We walked so much we got bored with our old route and decided to detour on the sidewalk in front of a little strip mall. The smells coming from the mom-and-pop pizza parlor made our mouths water. One day on the way home, we stopped in and got a large, everything-but-the-kitchen-sink pizza and took it home. Uh oh!

We were hooked. Twice a week, we would stop off from our "healthy walk" and bring home the goodies. Sometimes, it was two-for-one-day and we'd end up with two pizzas. By our first anniversary, we were both 15 pounds heavier. Oops!

The Pizza Path Diet did not work. We picked a new route through the woods, and by our second anniversary we were right back where we'd started on the rocky road to lower weight and better health.

Sandra Lassen, West Jefferson, Blue Ridge Electric

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Thanks to everyone who sent us stories about your attempts at exercise. You can see more on our Web site. Next month we'll publish some of your favorite summer recipes. (Deadline was May 15.) For more themes and the rules of our "Nothing Could Be Finer" series, see page 17.

How men exercise

Long ago in a land far away, my wife decided she wanted to exercise, so I got her a bicycle. A little later she decided that because we both worked, it would be better to have one of those indoor stationary bikes. She thought I should get some exercise, too, and could use it.

So I got one of those El Cheapos. As it turned out the seat was too little for both of us due to our fat—well, let's just say our back sides. We rode it some, not a lot, and we relegated it to behind a chair in the living room.

Well, my wife saw one of those super-duper triple loopers that had a big seat. Also the hands and arms went back and forth. So we gave away the old one and got the new one.

Some time later I had a heart attack. Thank goodness I just had to have a stint, but the good doctor said I need to walk so, you guessed it, we had to have a treadmill.

Have you ever walked on a treadmill? It's the most boring thing I have ever done in my life, and believe me I have done some boring things.

Now the bike is under the shed with two flat rotten tires. The stationary bike is now behind the chair in the living room, and the treadmill is in the attic.

I also remember the ropes and pulleys you attached to the door handle and laid down and attached to your arms and legs and pulled back and forth. The last time I saw it, it had been cut to make a dog leash. The dogs loved to walk and pulled me all over the place. Funny thing: It's gone. Can't find it, so can't walk the dogs anymore.

I remember El Cheapo rowing machine. It barely made it out of the box. Funny thing: Parts went missing, so we dumped that.

Now for some good exercise. Well, no exercise is good, but some sacrifice has to be made, like hooking up the boat trailer to the truck. Getting all your fishing tackle loaded up, then unloading the boat. (Unless you can get your fishing buddy to do it.) Driving the truck to the parking lot and having to walk back. I always tell them I've got to start the boat's motor and let them park the truck. The motor is hand start, so I have to pull the starter cord (exercise). It's a hand tiller, so have to steer (more exercise). I don't have an electric trolling motor, so I just drift (too much exercise to paddle). Big exercise is casting and winding in our reel (now that's exercise). When we are ready to leave, it all gets done in reverse.

Charles Squires, Washington, Tideland EMC

A teacher's workout

This picture shows some exercise equipment that I bought a long time ago. It might have worked, but I didn't use it like I should. It got very boring very fast. My daughter, Michelle Cox, age 2 in this picture, loved to pretend she was doing her exercises.

Michelle Cox Wall is now 35 years old, married, a school teacher, and lives in New Bern.

Linda Cox, Deep Gap, Blue Ridge Electric

Woman's best friend

A friend and I decided to exercise every day. At the tennis court, she served the ball. I raised my racquet to lob it back, but the ball went straight through my 40-year-old racquet, tearing the strings apart. We dissolved on the court in hysterical laughter.

We decided to exercise the next day by bicycling instead. We rode only a block when a lady opened her door, and her dog rushed out and bit my friend's ankle. The lady kept saying, "My dog doesn't bite!" And I kept saying, "But she's bleeding!"

After giving treatment and a tetanus shot, the doctor telephoned the lady to keep her dog quarantined for 10 days to be sure he didn't have rabies. After 10 days, we called to see how her dog was. The lady said, "Aren't you nice to ask how my dog is."

My friend said, "How I am depends on how your dog is!"

After all that, we decided it might be safer just to stay at home and read a book.

Judy Blitch Gartside, Broxton, Ga., Haywood EMC

The Weider Model #8620

About five years ago, Sears was running a closeout sale on exercise equipment. My husband decided he had to have the Weider Model #8620 Home Gym. He saw this as his golden opportunity to transform himself from a "scrawny" into a "brawny," and at a bargain basement price. I, on the other hand, was not convinced. His pointing out that I was always talking about losing weight and toning my thighs and posterior, needless to say, didn't win him any points.

Well, Sears delivered our new purchase the next day. After studying the manual for several days, my husband climbed aboard his Home Gym and energetically commenced his workout. He could hardly get out of bed the next morning, but bravely climbed back on this torture device and worked out a grand total of two more times.

Since then the Weider Model #8620 has sat forlornly in the garage adorned with an assortment of Christmas wreaths 48 weeks out of each year. The only exercise it promotes is once a year in the spring when my husband and I drag it out onto the driveway for the annual community garage sale, and, at the end of the day, drag it back in.

Claudia Thomas, Apopka, Fla., Blue Ridge EMC

Aunt Mabel's Shaking Table

In the mid-1960s, the exercise craze put our small mill village in a frenzy unknown to these parts of the South. We lived on the outskirts of town beside my Aunt Mabel. She somehow acquired a bonafide contraption that was guaranteed to shake the fat right off your bones. It looked like a low, skinny doctor's examining table (the table was skinny, not the doctor) with the legs of a flat lawn chair. Amazingly, it was divided into sections so the "patient" could shake only the part of the body that needed the most reducing.

Well, let me tell you, word got around that Aunt Mabel had the answer to many women's prayers, and they waited in line for hours (yours truly included) for their turn on The Shaking Table. Aunt Mabel even charged by the half hour, and certainly no one begrudged her one penny of her profits.

I'm sure she never made enough to pay for her incredible find, and I don't think one inch fell off of any of us bottom-heavy ladies. But a good time was had by all, and I have an "olden days" story to tell my grandchildren.

Vicky Stroup, Lincolnton, Rutherford EMC

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Here are the themes in our **"Nothing Could Be Finer"** series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you $50. You don't have to be the best writer. Just tell it from your heart.

August 2009
Advice From Parents
As a parent, how would you like to see your local schools operated? *Deadline: June 15*

September 2009
Stupid Moments in Sports
Send stories and photos of sports moments that did not make you proud. *Deadline: July 15*

October 2009
My Favorite Photo
Send a photo of a North Carolina person or scene.
Deadline: August 15

Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos should be a minimum of 1200 by 800 pixels.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
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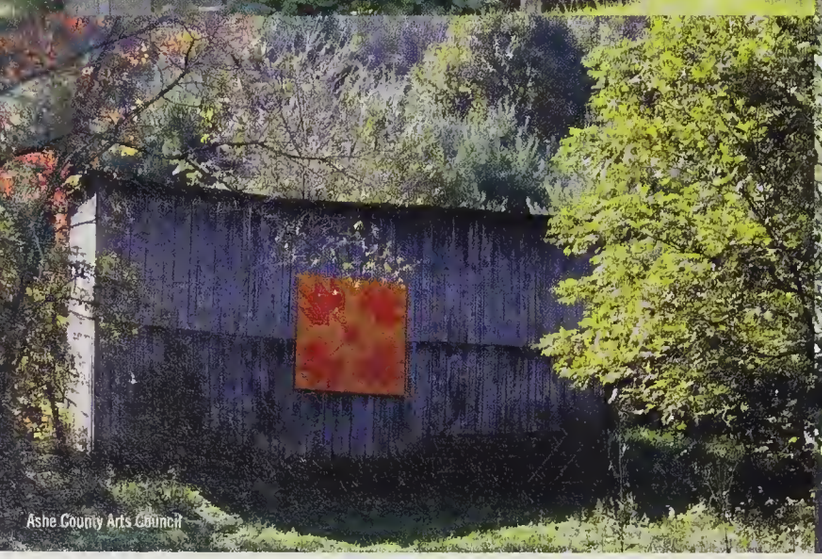
Ashe County Arts Council


Ashe County Arts Council

Ashe County Arts Council

STARS & BARNS

The Quilt Trails project brings more color, customs and tourists to the northwestern Carolina countryside

By Hannah Miller

(Top left) "Turkey Tracks" is at the home of quilter Asta and Grover Jeffcoat, off N.C. 19 west of Burnsville. (Middle left) "Sunflower" brightens an outbuilding on Highway 261 outside Bakersville. (Bottom left) "Maple Leaf" is in Crestor in Ashe County. (Top right) A barn off Highway 197 South in Pensacola wears "Wagon Wheel." (Middle left) Math students at Ashe Middle School in West Jefferson created this geometrically intricate "Robbing Peter to Pay Paul" pattern. (Bottom left) The bright colors of "Lone Star" stand out against a weathered barn in West Jefferson.

Handmade quilts for years brought wintertime comfort to western North Carolina mountain families, and making them brought communities together. As women gathered to stitch together the small, brightly colored squares of cloth, they exchanged news and opinions, solace and support. That history is now being recognized in a way that's once again bringing neighbors together. And it's opening the door to tourists' enjoyment of the quilts as well.

Volunteers in six counties have followed the lead of an Ohio woman who in 2001 honored her quilter mother by painting a wooden block in a quilt pattern and hanging it on her barn. Now, more than 200 brightly painted "quilt blocks" are brightening main highways and country roads in Ashe, Avery, Mitchell, Madison, Yancey and Watauga counties. In Ashe, they first went up on major highways, but now, says Ashe County Arts Council director Jane Lonon, "We've got some up hootin' hollers." That, she says, makes for "some mighty pretty drives."

Some of the blocks, like "Wedding Ring" and "Rising Star," are traditional patterns that bring back memories of the women who quilted them, like Lessie Phipps, grandmother of Rita Wood of Lansing, who rode a horse to teach at Ashe County's early Landmark School. When she wasn't teaching school or running a store, Lessie Phipps made numerous quilts. Rita Wood says she's lucky to have some.

Other designs are quirky, even funny, and tell a story about the owner: spots and curves mark a fisherman's block and look like trout.

County arts councils oversee the project. They've been assisted by the area's Touchstone Energy cooperatives—Blue Ridge Electric and French Broad EMC. In Watauga, Blue Ridge employees hang blocks "when it's something we can't reach," says Watauga Arts Council executive director Cherry Johnson. Blue Ridge's Fred Greer, who helped hang "Feathered Star" in Boone, says the process is "hold it up there, mark it and screw."

A $375 Bright Ideas grant from French Broad EMC paid for Yancey Middle School's "Rising Star" block, after student Chamoah Riddle used the school's black and gold colors in the design. Art, history, shop and even math students in the counties are learning lessons based on the blocks, which some of them help create.

Ashe County Middle School teacher Dana Johnson coordinated with the Arts Council to have her students make several of the designs that appear on barns in their area. In the Bee Log community in Yancey, a quilt block on Chloe Ramsey's home recognizes her long life as a quilter. Ms. Ramsey, 76, began quilting as a girl, following in the footsteps of her mother, who told her "how she quilted for my Daddy's sister for a dollar a quilt."

Barbara Webster, director of the Quilt Trails project, says, "We now have our history in front of us all the time."

Hannah Miller is a Carolina Country contributing writer. She lives in Charlotte.

For maps and more information:

Quilt Trails Gift Shop, Yancey Chamber of Commerce, 106 W. Main St., Burnsville

Watauga County: (828) 264-1789
www.watauga-arts.org

Ashe County: (336) 846-ARTS
www.ashecountyarts.org

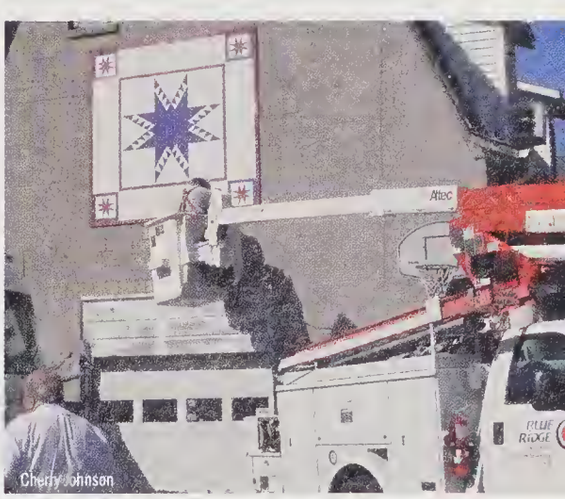
Mitchell & Yancey counties:
(828) 682-7331 www.quilttrailswnc.org

Avery County: (828) 898-4292
www.averycountyartscouncil.org

Madison County: (828) 649-1301
www.madisoncountyarts.com

One of the goals of Quilt Trails is to promote a sense of community. Painters gathered here to paint a block for Mountain Heritage High School in Burnsville include Deborah Palmer (foreground) and Estella Shakelford beside her.

Quilt Trails director Barbara Webster does some last-minute cleaning of a quilt block before it's attached to East Yancey Middle School. Called "Rising Star," it's in the school colors and was paid for with a $375 Bright Ideas grant from French Broad EMC.



Blue Ridge EMC, a partner in the Quilt Trails project with Watauga County Arts Council, gives "Feathered Star" a lift onto a wall off Hwy. 421 in Boone. The crew is Andrew Ellis, Doug Love, Fred Greer and supervisor Harold Huffman.

Marking 75 years of THE GREAT SMOKY MOUNTAINS National Park

Its ancient summits cloaked in mist and its beautiful forests unmatched in plant and animal diversity, the Great Smoky Mountains continues to be America's most visited national park. This year, it's celebrating its 75th anniversary with special activities through 2009.

Located west of Waynesville, the park's main North Carolina entrance is accessed through the town of Cherokee. Tennessee entrances are at Gatlinburg and Townsend. The immense park was established in 1934, after years of arduous fundraising that included schoolchildren pledging their pennies. The previous landowners left behind farm buildings, mills, schools and churches, and more than 70 of these historic structures have been preserved.

With more than a half million acres, visitors have a lot to do. Popular activities include auto touring, fishing and hiking more than 800 miles of trails. Horseback riding by the hour is available through the fall at four stables in the park. There are 10 campgrounds available and a rustic lodge accessible by trail hike on Mount LeConte.

This month, a weekend celebration is planned for June 13–14, in Cades Cove, Tenn., featuring exhibits and an outdoor performance by the Knoxville Symphony Orchestra. There's also a Women's Work festival set for Saturday, June 20, at the N.C. Mountain Farm Museum in Oconaluftee. This tribute to rural women of the past includes demonstrations of hearth cooking, natural dyeing and clothes washing.

You can find out about more events by visiting the park's anniversary Web site. There's also a history slideshow and a "Family Album" there, where you can see and read travelers' photos and anecdotes about the Smokies as well as share your own.

Karen Olson House

Anniversary Web site
www.greatsmokies75th.org

National Park Service (Great Smoky Mountains)
(865) 436-1200
www.nps.gov/grsm

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This year, Congress is expected to vote on legislation that will increase energy costs for families and businesses.

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Your electric cooperative supports the goals of energy independence, a cleaner environment, and increased energy efficiency. But not at the expense of affordable electric service that is essential to a sound economy. We can move our nation's energy policies forward without leaving consumers struggling with the fallout from hastily conceived legislation.

Your cooperative is working with members of Congress to help ensure they get this right, but it's important for you—the consumer—to tell your Congressional representatives to remember the folks back home as they vote on energy-related legislation.

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Energetic Ideas for June

Give the gift of efficiency to newlyweds

Looking for inspiration for a clever wedding gift? Consider giving your favorite newlyweds the gift of energy efficiency.

Help the happy couples on your spring wedding calendar save on their energy bills. Here are some ideas:

- Microwave ovens and slow cookers use less energy than the oven or stovetop to cook meals, and they often require less effort.
- Wrap up an electric blanket as a gift to help the new couple stay warm in the winter and reduce heating bills. Choose one with an automatic shut-off for safety.
- If your friends have asked for bathroom fixtures, choose a low-flow showerhead, which uses up to 50 percent less hot water than a regular model, often without reducing the quality of a shower.
- For the couple that has everything, buy renewable energy credits that offset the electricity they use at home. The credits go toward the purchase of renewable energy, such as wind energy. A truly eco-conscious couple will appreciate the gesture.

For dads, it's all about the gadgets

Put down the chainsaw, pass by the fishing rod, and don't even think about buying that electric razor. A national survey of dads says more than half of them want electronic gifts for Father's Day—not clothes, golf clubs or trips.

This year, reward Dad for all he does while satisfying his gadget craving.

To the man who loves sports, give a high-definition television that will let him see the game as clearly as if he were there himself. Many cable services broadcast sports games in high definition. For the music lover, offer a portable mp3 player that will let him take his music on the road, or a satellite radio service that gives him access at home or in the car to hundreds of commercial-free music channels.

A book-loving dad will appreciate a digital book reader, which lets him store and read hundreds of digital books in a palm-sized device.

Energy Star rates some small electronics so you can buy the most energy-efficient models. Energy Star-rated devices use less power while operating and while in standby mode.

Cook like a pro with induction cooking

Bring the technology that lets chefs cook with ease and energy efficiency right to your own kitchen countertop.

Their choice: the induction cooktop, which heats food more quickly than a regular model.

Induction cooktops are 90 percent efficient, compared with traditional cooktops, which are about 50 to 60 percent efficient. That's because traditional cooktops use gas or electricity to heat a coil, which then transfers heat to the pan. The heat that radiates from the burner but doesn't find its way into the pan is lost.

Induction cooktops work in a different way. They use electricity to power an electromagnet under the cooktop's surface. When you put a magnetic material like a skillet or pan onto the field, it causes the pan—and only the pan—to get hot.

The cooktop remains cool to the touch, making it safer for children and quicker and easier to clean up. It also means that almost all of the power is used to cook the food because none of it gets lost. So your food cooks quicker and you use less electricity.

You can get a countertop induction cooktop with from one to four burners. Prices start at a few hundred dollars up to $3,000 or more.

Turn out the lights without making a move

Tired of reminding the kids to turn the lights out? Install motion-activated light switches, and you'll never have to tell them again.

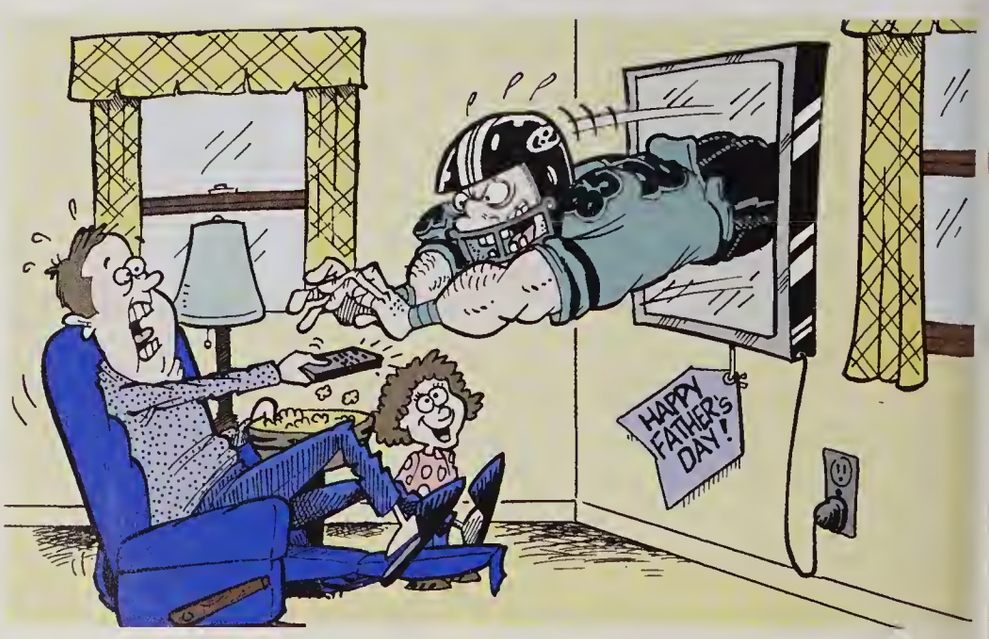
Using a tiny motion sensor, the switches detect when someone enters a room, and they flip the lights on. When motion stops, they switch the lights off.

The switches are easy to install on your own by removing your existing switch and face plate, and disconnecting the wires. Reconnect the wires to the motion-activated switch, screw it back into the wall, and reattach the face plate.

Of course, you should shut the electricity off at the breaker before installing the switch.

These switches cost as little as $20, depending on their features and how far away they detect motion.

For rooms that you use most often during the day, install a motion-sensor switch that also detects daylight. It will switch the light on only when there is motion and the room is too dark.



My Grandpa Jessie

By Lora Eve Harper

My Grandpa Jessie was a carpenter and a Baptist preacher. I grew up on the outskirts of Thomasville, on an old country road, and I remember going down those old dusty dirt roads counting trees while riding on the back of Grandpa's old green Ford pick-up truck. The dust from the dirt roads would get in my mouth, but I didn't really mind as long as I was with my Grandpa.

Grandpa had calloused hands from working hard all the time. He was tall and slender and had a heart softer than cotton and bigger than the whole state of North Carolina. When I was young, just Grandpa, Grandma and I would sit on the front porch on Saturdays. The huge oak trees in the front yard gave us a cool breeze on beautiful Carolina mornings, and the sound on that old Gibson guitar and banjo soothed my mind. Grandpa could play Hank Williams, Lester Flatt, Earl Scruggs and even Bill Monroe. I loved The King, as they called Elvis Presley, but my Number One favorite was my Grandpa Jessie.

Grandpa Jessie would take me along when he tore down old houses in Thomasville. He bought me a hammer, too, so I felt so important while working alongside him.

Grandpa would go to the old Humpty Dumpty and buy a big sack of pinto beans, RC Colas and Moon Pies. He would get Cokes for Grandma and peach ale for himself. He would talk to Mr. Gordon it seemed like for hours. I just could not stop looking at Mr. Gordon's hair, it was so shiny and white as cotton. Mr. Gordon would always smile back at me.

At home in our living room we'd watch "Andy Griffith" and "I Love Lucy" and even Billy Graham when he would have his crusades. Grandpa and I, we would laugh together, cry together and just enjoy each other's company.

We would walk down to the old general store on that old dirt road right there below the house, and I would love sticking my hand in that old cookie jar. I was afraid of the dark, but Grandpa would assure me that I had nothing to be afraid of. He would say, "The love of Jesus was more powerful than the darkness" and that Jesus would protect me from all harm. Even today I find so much comfort in those loving words.

I would watch him dip his hot buttermilk biscuit in his coffee, and he would smile warmly and say, "Try it. It's pretty good." So I dipped my biscuit in his coffee. He will forever be my inspiration.

Lora Harper lives in Pinebluff, Monroe County. She sent us this memory to mark Fathers Day and dedicated it to her friend Rita Barber.

Rain gutter replacement

Are your rain gutters rusted or broken? Are the fasteners no longer holding them in place? Or have the gutters leaked and failed to keep water out of your house? Answers to these questions will help you decide which type of replacement gutter to choose.

A cheaper product that degrades twice as fast as another would not be the best choice. The extra cost of having to fix your water-damaged home—and the health problems that could arise from exposure to mold—would make a "cheaper" gutter in reality much more costly.

According to home improvement expert Don Vandervort, galvanized steel and aluminum each have big pluses. Steel is sturdy, while aluminum will not rust. Copper and stainless steel are sturdy and lasting, too, says Vandervort, but they can cost three to four times as much as steel or aluminum. Steel gutters can stand up to ladders and fallen branches better than aluminum, he says. But even thick galvanized steel eventually rusts. He advises buying "the thickest you can afford." Austin Energy in Texas says that gutters should be a minimum of 26 gauge galvanized steel or 0.025 inch aluminum.

Polyvinyl chloride (PVC) is also used for gutters, but can get brittle with age or in extreme cold, says Vandervort. PVC is also not a very green-friendly choice. When produced or burned, PVC plastic releases dioxins, a group of potent synthetic chemicals that can cause cancer and harm the immune and reproductive systems.

Consider linking your gutters to a "rooftop catchment system" that captures rainwater in a cistern or rain barrels and can then be used to water non-edible plantings.

If you have a problem with debris, consider a RainTube. This recycled-plastic gutter insert keeps gutters clear of debris. Of course, cleaning your gutters now and then is probably the best environmental option in that it may head off any need for replacement or modification.

To learn more: Austin Energy, www.austinenergy.com; U.S. Green Building Council, www.usgbc.org; RainTube, www.raintube.com; Green Building Pages, www.greenbuildingpages.com.

What happened to diesel cars?

You see fewer diesel cars in the U.S. now because of a choice by automakers rather than because of a decree by regulators.

Upwards of 95 percent of passenger cars and light trucks on American roads today are gas-powered. And the federal government has done its part to keep it that way, taxing diesel at a rate about 25 percent higher than gasoline. A recent assessment by the American Petroleum Institute found that federal taxes accounted for 24.4 cents per gallon of diesel but only 18.4 cents per gallon of gasoline. In Europe, where in many regions about half of the cars on the road run on diesel, these tax incentives are flip-flopped, with diesel drivers reaping the economic benefits accordingly.

According to Jonathan Welsh, who writes the "Me and My Car" Q&A column for The Wall Street Journal, interest in diesels—which typically offer better fuel efficiency than gas-powered cars—has gained momentum in the U.S. in recent years given the uptick in gasoline prices. The popularity of diesels also surged briefly in the mid-1970s after the U.S. suffered its first "oil shock" that sent gas prices through the roof. But gas prices settled down and so did American fervor for diesels at that point.

catemama, courtesy Flickr

Diesel car proponents would like to see the fuel taxation field leveled—so that gasoline and diesel (which is currently taxed higher) could compete fairly at the pump. But another hurdle still is the relative lack of filling stations across the U.S. with diesel pumps.

With emphasis on going green today, diesel cars—some of which boast similar fuel efficiency numbers as hybrids—are on the comeback trail in the U.S. Recently passed regulations require diesel fuel sold in the U.S. today to have ultra low emissions. Also, the increased availability of carbon-neutral biodiesel—a form of diesel fuel made from agricultural wastes that can be used in place of regular diesel fuel without any engine modifications—is convincing American drivers to consider diesel-powered cars. Right now only Volkswagen, Mercedes and Jeep sell diesel-powered cars in the U.S., but Ford, Nissan and others plan to launch American versions of diesel models already successful in Europe within the next year.

The U.S. Coalition for Advanced Diesel Cars would like to see the U.S. government increase incentives for American drivers to choose diesel-powered engines by leveling the fuel taxation field and by boosting tax breaks on the purchase of new diesel vehicles. One hurdle is the relative lack of filling stations across the U.S. with diesel pumps, but as such vehicles become more popular, filling stations that don't already offer them can relatively easily add a diesel pump or two.

To learn more: American Petroleum Institute, www.api.org; U.S. Coalition for Advanced Diesel Cars, www.cleandieseldelivers.com.

Got an Environmental Question?

Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit it at: www.emagazine.com/earthtalk/thisweek, or e-mail: earthtalk@emagazine.com. Read past columns at: www.emagazine.com/earthtalk/archives.php.

The Last Day of LUMINA

By Kay Fetner / Photography by Ashley Fetner

In 1973 when we heard that the Lumina Pavilion was going to be demolished we packed the camera and off to Wrightsville Beach we went.

Not only was Lumina an island landmark in Wrightsville Beach for 68 years, it was also a legend among seaside pavilions with its 12,500 square feet of entertainment space.

It was built by the Tidewater Power Company in 1905. It was given the name Lumina because of its state-of-the art lighting. It could be seen not only for miles on the island but also from ships along the North Carolina coast.

Special trains to Wilmington would bring visitors who would take beach trolleys over to Wrightsville Beach to enjoy swimming, outdoor movies, strolling along the beach or many of the grand dances and events that were held here in Lumina's glory years. Band leaders such as Glenn Miller, Cab Calloway and Kay Kyser were among the many who played to the packed crowds that came from as far away as Atlanta and Washington, D.C.

Each year there is a "Lumina Daze" family event held in celebration of Wrightsville Beach and Lumina. The 1930s festivities include big band music, games and movies on the beach. It's scheduled for Aug. 30 this year.

This scene was photographed on the last day before Lumina was demolished.

No crowds, bands or lights. Just 68 years of character standing alone.

Ashley Fetner is a fine art photographer and an instructor at Randolph Community College. He and Kay are members of Randolph EMC.

For information about prints:

Kay & Ashley Fetner
336 Westminster Court
Asheboro, NC 27205
E-mail: kayfetnerportraits@triad.rr.com

Art by Lena Ennis

Artist Lena Ennis sells a variety of limited edition prints, open edition prints (which are a size smaller than limited edition prints) and original artwork. Her portraits and murals are available by private commission. Ennis, a member of Carteret-Craven Electric Cooperative, lives in the community of Ocean near Morehead City. Her subject matter includes wildlife, seascapes and landscapes, and her work was selected for the cover of the 2009 North Carolina Wildlife Commission Calendar. Ennis says her goal in any painting or drawing is to capture the subject's personality and to tell a story. Limited edition prints start at $45 and open edition prints start at $15. Pricing for murals starts at $30 a square foot, plus traveling expenses.

(252) 393-2262
www.artoflenaennis.com

Winery events in N.C.

North Carolina ranks 10th now for wine and grape production in the United States and is home to more than 80 wineries, a number that has more than tripled since 2001. This summer, wineries are offering lots of opportunities for both wine connoisseurs and the "wine curious" to enjoy great wine, food and live music. For information on North Carolina wineries and festive events across the state, call or visit the Web site below. The Web site allows you to download a map showing wineries around the state. There's also an interactive map that "places you" at a winery and displays attractions, lodging and dining options nearby.

(877) 362-9463 (3NC-WINE)
www.VisitNCWine.com

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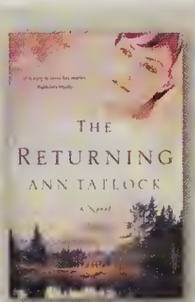
on the bookshelf

Chasing Moonlight

This biography looks at the life of American baseball legend and doctor Archibald W. 'Moonlight' Graham. Graham was the inspiration for the novel "Shoeless Joe" and its movie adaptation "Field of Dreams." In "Chasing Moonlight," authors Brett Friedlander of Fayetteville and Robert Reising of Williamsburg, Ky., show that truth is more interesting than fiction. The real-life Moonlight Graham was born in Fayetteville in 1879 and played at UNC-Chapel Hill. He did not retire from baseball after a lone major league appearance as commonly believed. Rather, he became a fan favorite, juggling baseball with medical residencies. He was a physician who sat with patients through epidemics as well as a failed inventor and small-town character who built perpetual-motion machines. "Chasing Moonlight: The True Story of Field of Dreams' Doc Graham" is published by John F. Blair in Winston-Salem. Hardcover, 208 pages, $19.95.

(800) 222-9796
www.blairpub.com

The Returning



Andrea knew when she married John Sheldon that her love was not returned, but they both stayed in the marriage for their own reasons. Now John is returning home from a five-year stint in prison. Andrea wants him home and is hopeful about this second chance, but she knows his return will upset the life she and the children have adjusted to. John is apprehensive about how he will be received, but he is returning a Christian man. Andrea is wary of his conversion, son Billy, who has Down syndrome, is delighted, and daughter Rebekah is skeptical. Six-year-old Phoebe doesn't remember her father and is withdrawn. Can John and Andrea mend the rifts that have torn their family apart? Set in an idyllic location in update New York, "The Returning" explores modern culture, forgiveness and healing. Author Ann Tatlock lives in Asheville. Published by Bethany House in Grand Rapids, Mich. Softcover, 362 pages, $13.99.

(800) 877-2665
www.bethanyhouse.com

Best of the Blue Ridge Parkway

This new guide provides details on the best hikes, scenic stops, waterfalls and historic locations on the Blue Ridge Parkway in North Carolina and Virginia. Its information is particularly helpful for the time-pressed traveler who wants to hit the high points, and includes lodging, way stations, side trips and attractions of interest. Full-color photographs and photographer's notes complement descriptions of the park's attractions. "Best of the Blue Ridge Parkway: The Ultimate Guide to the Parkway's Best Attractions" is written by Nye Simmons of Knoxville and is published by Mountain Trail Press in Johnson City, Tenn. Softcover, 185 pages, $19.95.

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www.mountaintrailpress.com

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Wipe away fine lines and wrinkles INSTANTLY with the tool that top makeup artists use to get leading ladies ready for their high-definition close-ups!

"Can you guess how old I am? Wrong. You're off by 10 years."

Try it FREE for 30 DAYS! *Read below to find out how...*

High-Definition is great for television but it scares the daylights out of actresses over 35. Fear of the unforgiving lens has them screaming behind the scenes, "Make me look younger." As one of the leading makeup artists in show business, Rachel has to deal with the panic and anxiety among older actresses who must face a high-definition camera. She's become an expert in performing minor miracles. Some transformations can take hours, but when everything depends on Rachel's ability to work fast, she reaches for a secret weapon in the bottom drawer.

Rachel has found that the fastest way to minimize the visible appearance of wrinkles—even the most stubborn ones—is with **Hydroxatone® Instant Wrinkle Filler**. That's why it goes with her on every job and never fails when called on to help leading ladies get ready for their close-up... even in high-definition.

98% of Women Are Raving That It Really Works

But it's not only Rachel who believes in the magic of **Hydroxatone® Instant Wrinkle Filler**. In all of the years of market testing, we've never had a product test as high as 98%. But seeing is believing! Once the women who participated in the test saw how amazing they looked they didn't want to give back their trial supply.

Developed by a Surgeon

Endorsed by one of the country's top plastic surgeons, and previously available only through plastic surgeon's offices, **Hydroxatone® Instant Wrinkle Filler** is available for the very first time in small quantities to the public. Finally, the same smoothing power that makes women look younger in front of the camera can do the same for you in your own bathroom mirror!

Immediately Visible Results

You don't need to wait long to look younger. The silicone micro beads in **Hydroxatone® Instant Wrinkle Filler** trigger an immediate and significant optical wrinkle elimination. The super-hydrating ingredient, Hyaluronic Acid, rapidly plumps up lines from the inside. Just smooth the filler into your laugh lines, crow's feet or even depressed scars for instant results. Wrinkles are gone, even in close-up situations.

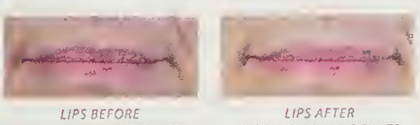
Additionally, the breakthrough ingredients in **Hydroxatone® Instant Wrinkle Filler** help reverse the premature aging of the skin, while helping to minimize the damaging effects of stress and the environment.

A Safe, Painless Alternative to Surgery and Botox

Even though Los Angeles has been called "The Face-Lift Capital of the World," there are still some celebrities who'd rather avoid the pain and complication of cosmetic surgery. Even though they can well afford it, they'd rather skip the uncomfortable side effects that go along with surgery and even Botox® injections.

"It was amazing! The lines above my lips disappeared, as did my brow lines and crows feet! I feel 10 years younger and I'm going out dancing tonight!"

–Nikki P., Age 55



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Actual Untouched Photos

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The Hydroxatone® anti-aging system was developed in conjunction with a top board certified plastic and reconstructive surgeon. He is an internationally recognized expert on plastic surgery, publishing over 20 articles, books and textbook contributions.

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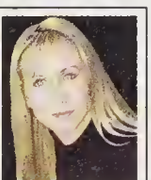
— Dr. Nancy Steely, N.D.
Doctor of Naturopathic Medicine



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YOU KNOW YOU'RE FROM

Carolina country if...

...you delayed going to the outhouse because you were ***afraid of the fighting rooster.***

From Sharon Gambill, Gwen Elliott, Edith Jones and Ronnie Stone
(the creative writing class at Ashe County's senior center)

From Sharon Gambill, Gwen Elliott, Edith Jones and Ronnie Stone
(the creative writing class at Ashe County's senior center)

... You know that a pounding is not a whipping, but a gathering where all the guests bring a pound of something—sugar, flour, lard, cheese, butter—for the guest of honor who may be the new preacher or a neighbor who has fallen on hard times.

... Your grandpa chilled watermelons and cantaloupes in a straw-covered pit in the back yard.

... You used the iron wash pot in the back yard to make hominy.

... You used a carved wooden gun with a clothespin attached to shoot strips of an old inner tube when playing cowboys and Indians.

... Your front porch was shaded by kudzu growing on a trellis.

... You listened to "Lum and Abner" from WCKY Cincinnati on winter nights, and "Renfro Valley" on Sunday mornings.

... You ate branch lettuce and poke sallet in early spring.

... You delayed going to the outhouse because you were afraid of the fighting rooster.

... Your mother dried apples in the back window of the car.

... You wore Blue Waltz Cologne from Woolworth's Dime Store.

From Jeff Greene, Weddington

... You actually have gone to see a man about a dog.

... Every Saturday afternoon meant Championship Wrestling on Channel 3.

... Every Sunday after church meant Fred Kirby, Uncle Jim and the Little Rascals.

... You remember the smell of homecoming dinner on the way to church.

From Terry Jones, Cornelius

... You can still smell the popcorn and candy from when you entered the Woolworth's downtown.

... You looked for the softest twig when you're about to get switched with a hickory stick.

... You went to the farmers market on Saturday morning to get some good ol' fresh country buttermilk.

... You looked for some 20 Mule Team Borax at the A&P like you saw advertised on "Death Valley" last night.

... You waited patiently at the end of the driveway each day for Paw Paw to come home from work.

... You sold bunches of daffodils door to door to make some money for Easter.

From Rich Felts, Warren County

... You rode on top of the load of tobacco on its way to market and you rolled the sheets off the scales to the row it was to be sold on, then afterwards you got a big strawberry milkshake.

... Your uncle went to find the milk cow but couldn't. Then later that evening she turned up eating on the 13th row of butterbeans that you had helped plant,weed and plow.

... You wrapped eggs in a wet paper towel and aluminum foil and threw them in the coals to cook while you barbequed a pig.

... Your mid-evening snack was a homemade apple-jack made by your aunt while you were putting in a barn of tobacco.

... You hung a four-room barn of tobacco, and your uncle made sure you put 125 sticks in each room.

... You planted 30 acres of tobacco with a one-row planter.

... You and your buddy helped everybody that needed help priming tobacco until you turned 10, then you got your own row.

... You know it takes 50 sticks to make a bundle.

... The tobacco looper had a short and would shock you when you got good and sweaty.

From Dena Cherry

... Your Papaw got the tractor out on Sunday because you begged him to take you for a ride.

... You used Gleem toothpaste at your grandparents' house.

... Your grandmother knows measurements only as pinches and handfuls.

... You loved eating potted meat sandwiches until your sister told you to read the ingredients.

... You made a "slip 'n' slide" out of black plastic, a running water hose, and dish detergent, then hoped you could stop it before you hit the tree at the end.

From Judy Vick, Sanford

... You played in the yard, barefoot, with the chickens, then stuck your feet under the water faucet to wash between your toes.

... When your dad went to the tobacco market, you waited for hours at the driveway watching for him to return, because he would always bring to you a surprise.

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Sculpture shown smaller than actual size of appr. 16½ inches tall, including base.

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THEIR (33)	TIGER (27)	WRITE (26)	TIRE (26)	TRIP (25)
GRIT (24)	HIGH (21)	GIRL (21)	HELP (17)	PLOW (11)

Some lucky puzzler will win $50 for sending us the answer to this puzzle by June 19. Correct answers will be numbered as received and the winning entry chosen at random by computer. The winner's name and puzzle answer will be published in our August 2009 issue. Send to:

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Carolina Country
PO Box 27306
Raleigh, NC 27611

By e-mail: joyner@carolinacountry.com

Our tax dollars at work

The man at my front door was from the U.S. Census Bureau. The form he is paid to hand me, printed in English and Spanish, is headed, **"Your Answers Are Confidential."** All he wanted, he said, was to confirm my street name and house number, both of which are conspicuously posted, on the street and on my mail box. He did not want my name, he said.

Perhaps I will get some mail from the Census Bureau addressed, "Occupant."

As he left, I read the form he had handed me. It reads, in part: "The approval number for the collection of address information in 2009 is OMB 0607-0809. Send any comments concerning this collection to Paperwork Reduction Project 0607-0809, U.S. Census Bureau, AMSD-3K138, 4600 Silver Hill Road, Washington, DC 20233..."

I'm tempted to send a comment but I think I will save some paper. Otherwise, I might get some mail in return.

In all fairness, the man may have been confirming that my house isn't vacant.

This comment is not confidential.

Domi-no.S

2						
O	B	U	S	N	A	R

X

	2
	O

	2				2	
R	O	B	E	S	O	N

Each letter stand for a digit in this multiplication problem. Given O=2, can you find the value of ROBESON County?

Phone*etics

1	ABC 2	DEF 3
GHI 4	JKL 5	MNO 6
PQRS 7	TUV 8	WXYZ 9
*	0	#

King Arthur called his armor his

7 8 7 6 6 4 7 8 4 8

If you were to punch in the numbers above on your telephone key pad you would spell out this two word answer.

DAFFYNITION

me•di•o•kra a fair to middling garden variety crop

For answers, please see page 32

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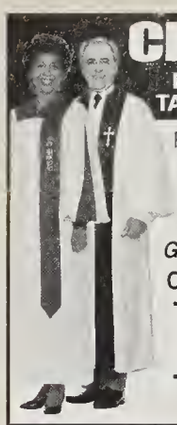

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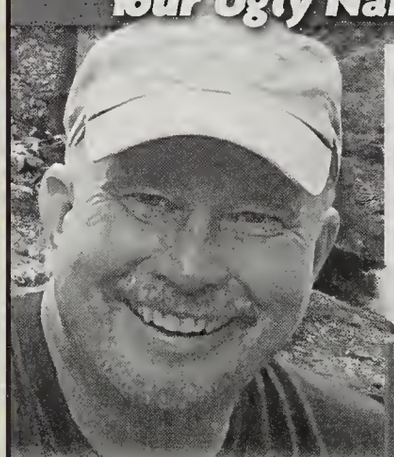

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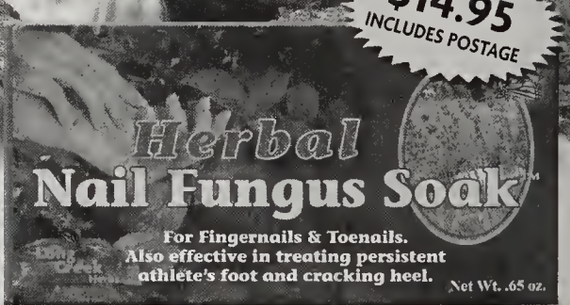
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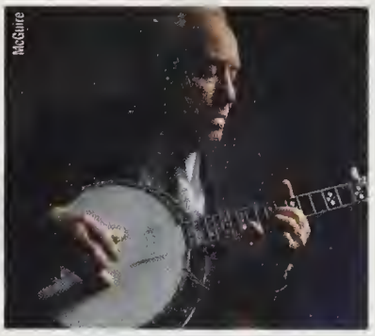
Getting To Know...

Earl Scruggs



Born: Near Shelby on January 6, 1924

Known for: Fast, fluid banjo playing

Accomplishments: Earl began playing the banjo at age 4 using a two-finger picking style. His family did not have a radio until he was in his teens, but his older brothers and sisters played the banjo and guitar. Earl lost his dad to illness at an early age, and making music was an emotional outlet for him. At 10, he developed a style using three fingers that became known worldwide as "Scruggs-Style Picking." A couple of years later he bought his own banjo, for $10.95, from the Montgomery-Ward mail order company. Apart from his homework and farm chores, he spent every spare moment playing his five-string instrument. Earl shot to fame after he joined the Blue Grass Boys in late 1945. His syncopated picking style became a sensation. One of the Grammy winner's most-heard recordings is one he and band partner Lester Flatt recorded for the TV show, "The Beverly Hillbillies" called the "The Ballad of Jed Clampett." Flatt and Scruggs appeared in several episodes. Other song favorites include the ever-popular "Foggy Mountain Breakdown." Earl was awarded a Grammy Lifetime Achievement Award in 2008. Still pickin' at age 85, he performs occasionally with family and friends.

June has juicy, ripe blueberries. Try this fun kids recipe:

Blueberry Baskets

- 12 (1 oz. each) balls of frozen dinner roll dough
- ¼ c. brown sugar
- 1 tbl. flour*
- ½ tsp. ground cinnamon
- ¼ tsp. ground ginger
- 1 c. fresh or frozen blueberries
- 2 tbl. butter or margarine

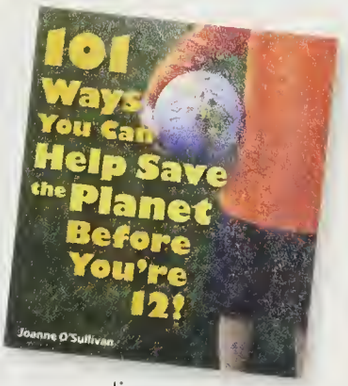
Place 1 ball of dough in each of 12 greased muffin cups; let stand at room temperature about one hour or until thawed. Combine sugar, flour and spices. Make a deep indentation in each ball of dough. Fill with 1 teaspoon of brown sugar mixture and 1 rounded tablespoon blueberries. Sprinkle with remaining brown sugar mixture. Top each with ½ teaspoon butter. Let dough rest 15 minutes. Bake at 350 degrees 15 minutes or until dough browns.

* When using frozen blueberries, use 3 tablespoons of flour. Fill indentation in dough with 1½ tsp. brown sugar mixture before adding blueberries.

For more recipes, visit the Carolina Blueberry Association's Web site at www.carolinablueberry.com

Source: North American Blueberry Council

"101 Ways You Can Help Save The Planet Before You're 12"



This new book harnesses children's natural energy, optimism and drive to make a difference in the world. Young eco-activists learn about cutting down on water use, reading labels to check if a product is really green, starting a compost bin, and creating litter-free lunches as well as how to have green school supplies and fun eco-trips with their families. The book's information and colorful photographs encourage even greater sensitivity to how they, their families and schools can have a positive impact on our planet. The book's author, Joanne O'Sullivan of Asheville, also wrote "101 Places You Gotta See Before You Are 12" and "101 Things You Gotta Do Before You Are 12." Softcover, 144 pages, $14.95. (828) 253-0467 or www.larkbooks.com

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That the very first Hardee's hamburger restaurant was in Greenville, N.C.? Founder Wilbur Hardee placed his new drive-through, featuring a 15-cent burger cooked on a custom-built charcoal broiler, near East Carolina University. Its success drew parties eager to form partnerships, and in 1961 the first franchise Hardee's opened in Rocky Mount. Hardee eventually severed ties with his partners, who expanded the company rapidly. Today, it has more than 1,900 locations across the Midwest and Southeast as well as more than 200 international locations, mainly in the Middle East. Hardee remained a major restaurant mainstay in North Carolina, even without his signature Hardee's, and reportedly began 85 different restaurants throughout the Southeast before he died at age 89.

The original Hardee's in Greenville, N.C.

classroom chuckle

Pupil (on phone): My son has a bad cold and won't be able to come to school today.

School secretary: Who is this?

Pupil: This is my father speaking!

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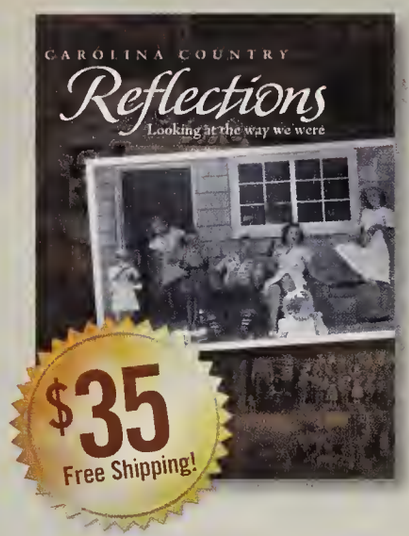

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The interactive system walks you through an account setup by asking a few simple questions about the type of grass, soil and irrigation method you have. It then calculates the amount of irrigation you need and keeps a diary for you of when and how much water you use. When you enter your address, climate information is retrieved from the closest weather station that is part of the N.C. Climate Retrieval and Observations Network of the Southeast. The irrigation needed by your turf is then calculated based on recent weather conditions, including precipitation and evaporation. Then the system tells you, in number of minutes, how long to water your lawn. Using the Turf Irrigation Management System guidelines can result in at least a 25 percent decrease in your water usage, helping you maintain a healthier lawn. To sign up, visit www.turffiles.ncsu.edu/tims

High-tech rain gauges

Gone are the days when you have to step outdoors during a drizzle or storm to check the rain gauge. Wireless remote gauges with indoor displays allow you to monitor rain while it's falling. The fancier models use self-emptying rain cups. Besides recording daily rainfall amounts, some models store measurements in memory for at least a week. Other extra bells and whistles include indoor/outdoor temperature measurements and greater transmission ranges. Prices start at around $21 and go upwards of $100, depending on model and manufacturer. Check online or local hardware stores or online weather stores.

Hort Shorts

- A plant that is drought-tolerant still needs regular watering until it gets settled in. Don't waterlog, but make sure water soaks into the root zone.
- For an edible cover crop, plant bush beans in bare spots to enrich the soil.
- Pinch back blooms of annuals like petunias and marigolds after planting. This will allow plants to expend more energy getting roots established and will promote branching of stems and fuller flowering.
- Leave seed heads on some or all of your coneflowers, and you'll be visited later in the season by scores of goldfinches.

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Carla Burgess can be reached at ncgardenshare@mindspring.com.

For more gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com.

www.provenwinners.com

Sweet potato vine comes in more than a dozen varieties, including 'Sweet Caroline Bronze', above.

New colors, leaf shapes for sweet potato vine

Sweet potato vine is a popular, vigorous annual grown for its colorful foliage, attractive and varied leaf shapes (including lobed, heart-shaped, toothed and spade-like) and trailing, vining or creeping habit. The most commonly available colors are the lime-green 'Marguerite' and dark burgundy-black 'Blackie', but sweet potato vine comes in more than a dozen varieties. Plant breeders at N.C. State University have developed a new series, Sweet Caroline, which is currently available in several colors, including 'Sweet Caroline Bronze', which has coppery-bronze foliage that resembles autumn leaves, and 'Sweet Caroline Bewitched Purple', which has toothed, purplish leaves. The North Carolina breeders are working on a flowering version and several variegated varieties. The variegated 'Tricolor' (developed by a different breeder) has leaves of white, pink and green. For photos of many available varieties, visit www.provenwinners.com. Related to morning glories, sweet potato vines like full sun or partial shade and will thrive in a range of soil conditions.

Cold-hardy lantanas

Lantana is a treasured addition to the spring and summer garden for its spreading habit and bright, colorful blossoms that drive butterflies mad. It is usually considered a tender perennial, being reliably hardy only in parts of eastern North Carolina and some of the Piedmont region. But a couple of new varieties have demonstrated excellent cold hardiness in Zones 7–11. Some established plants have survived temperatures down to 0 degrees F. 'Chapel Hill Yellow' has medium-yellow blooms, spreads 2 to 3 feet and stands about 16 inches tall. 'Chapel Hill Gold' has similar growth but sports yellow-gold flowers. The breeders donate part of the royalties from the sale of these plants to the Sweet Melissa Transplant Fund for Lung Transplant Patients and their families at UNC-Chapel Hill (sweetmelissafund.org). Lantanas bloom freely from spring to frost and tolerate dry conditions.

June Events

The outdoor drama "Unto These Hills" tells the story of the Cherokee people. Playing nightly except Sunday, the show opens June 12 and runs through Aug. 29 in Cherokee. (828) 438-1601. www.cherokee-nc.com

ONGOING

"Old Love"
Laugh-out-loud comedy
Through June 6, Flat Rock
(828) 693-0731
www.flatrockplayhouse.org

Rhododendron Ramble
Through June 14,
Grandfather Mountain
(800) 468-7325
www.grandfathermountain.com

Telling Our Stories: A Traveling Photography Exhibit
June 1–18, Lake Lure
(828) 245-1492

American Dance Festival
June 11–July 26, Durham
(919) 684-6402
www.americandancefestival.org

Masterworks
From the New Orleans Museum of Art
Through June 21, Charlotte
(704) 337-2009
www.mintmuseum.org

Lazy 0 Farm Summer Dayz
Through June 30, Smithfield
(919) 934-1132
www.johnstoncountync.org

Spirit of America
Planetarium laser show
Through July, Rocky Mount
(252) 972-1167
http://museum.imperialcentre.org

Fresh Local Art & Produce
June 2–Sept. 29, Lake Lure
(828) 245-1492

Music on Main Street
June 5–Aug. 28 (Fridays),
Hendersonville
(800) 828-4244
www.historichendersonville.org

"Man of La Mancha"
June 10–28, Flat Rock
(828) 693-0403
www.flatrockplayhouse.org

Splash—Guest Artist & Critique
June 12–July 11, Elizabeth City
(252) 338-6455
www.discoverelizabethcity.com

"Unto These Hills"
June 12–Aug. 29, Cherokee
(800) 438-1601
www.cherokee-nc.com

50 Years of Mattel's Famous Fashion Doll
June 15–Sept. 15, High Point
(336) 885-3655
www.dollandminiaturemuseum.org

The Lost Colony presents Charlotte's Web
June 18–Aug. 13, Manteo
(252) 473-2127
www.thelostcolony.org

"Horn in the West"
June 19–Aug. 15, Boone
(828) 264-2120
www.horninthewest.com

Eastern Music Festival
June 27–Aug. 1, Greensboro
(336) 333-7450
www.easternmusicfestival.org

Dan Finch & The Finch Studio Potters
Exhibition showing & selling their work
Through August, Seagrove
(336) 873-8430
www.ncpotterycenter.com

Junior Sailing Program
Through August
(252) 728-7317
www.ncmaritimemuseum.org

Summer Science School for Children
N.C. Maritime Museum, Beaufort
Through August
(252) 728-7317
www.ncmaritimemuseum.org

Foothills Farmers' Market
Through Oct. 24, Shelby
(704) 482-4365
www.foothillsfarmersmarket.com

Farmers Market
Through Oct. 31, Wake Forest
(919) 556-2634
www.wakeforestmarket.org

A Thousand Words: Photographs by Vietnam Veterans
Through Nov. 15, Fayetteville
(910) 486-1330
www.museumofthecapefear.ncdcr.gov

Poplar Grove Farmers Market
Through Dec. 16, Wilmington
(910) 686-9510
www.poplargrove.com

"Inside Africa"
Through 2009, Rocky Mount
(252) 972-1167
www.rockymountnc.gov/museum

"Stars of the Pharaohs"
Through 2009, Rocky Mount
(252) 972-1167
www.rockymountnc.gov/museum

2

"Elizabeth R"
Dramatic interpretation of
Queen Elizabeth I
June 2, 10, 17, Roanoke Island
(252) 475-1500
www.roanokeisland.com

3

The Band of Oz
Wilson
(252) 399-2200

"Bloody Mary & The Virgin Queen"
Musical farce
June 3, 10, 17, Roanoke Island
(252) 475-1500
www.roanokeisland.com

4

"Shepherd of the Ocean"
Whimsical comedy about Sir Walter Raleigh & Queen Elizabeth I
June 4, 11, 18, Roanoke Island
(252) 475-1500
www.roanokeisland.com

5

Mercy Me
Christian contemporary concert
Edenton
(252) 482-3400
www.visitedenton.com

Livermush Festival
Marion
(828) 652-2215
www.downtownmarion.org

Craft Show
June 5–6, Brevard
(828) 884-9908

Union Power Bluegrass Festival
June 5–6, Oakboro
(704) 485-4906
www.biglickbluegrass.com

Truck & Tractor Pull
June 5–6, Morgan's Corner
(919) 332-7111
www.discoverelizabethcity.com

Day Out With Thomas
Tweetsie Railroad
June 5–14, Blowing Rock
(919) 277-1180
www.tweetsie.com

6

Shriners Parade
Blowing Rock
(828) 295 -4636
www.blowingrock.com

Living History & Artillery Demos
Four Oaks
(910) 594-0789
www.johnstoncountync.org

Horse Show
Ruffin
(336) 951-2751

Millstock Music & Arts Fair
Clayton
(919) 553-1545
www.johnstoncountync.org

50th Anniversary Town Festival
Cape Carteret
(252) 393-8457
www.townofcapecarteret.com

Spring Festival
Murphy
(828) 837-6821
www.cherokeecountychamber.com

Boat Show & Barbeque Cook Off
Murphy
(828) 321-2376
www.cherokeecountychamber.com

Songwriting Workshop
Thomasville
(336) 472-1111
www.fairgrovemusic.com

Open Bass Fishing Tournament
Edenton
(252) 482-5343
www.visitedenton.com

French & Indian War Encampment
Winston-Salem
(336) 924-8191
www.bethabarapark.org

The Jarman Opry
Classic country, gospel & bluegrass show
New Bern
(252) 637-6586
www.thejarmanopry.com

Beach Music Festival
Pleasure Island
(910) 458-8434
www.pleasureislandnc.org

National Trails & Land Trust Day
Chimney Rock Park
(800) 277-9611
www.chimneyrockpark.com

Cool 5 Run & Fun Run
Beech Mountain
(828) 387-3003
www.acool5.com

Learn Chair Caning!
Latta Plantation
June 6–7, Huntersville
(704) 875-2312

Roanoke Chowan Quilt Exhibit
June 6–7, Ahoskie
(252) 398-8288

Antique Gun & Military Show
June 6–7, Raleigh
(704) 282-1339
www.thecarolinatrader.com

Arts & Crafts Show
June 6–7, Black Mountain
(828) 669-9562
www.OldDepot.org

Carolina Cup Regatta
June 6–7, Elizabeth City
(252) 339-0795
www.discoverelizabethcity.com

Big Rock Blue Marlin Fishing Tournament
June 6–13, Atlantic Beach
(252) 247-3575
www.thebigrock.com

"High School Musical 2"
June 6–28, Fayetteville
(910) 483-5311
www.cfrt.org

7

Concert in the Park
The Grass Cats Band
Wake Forest
(919) 554-4654
www.wakeforestnc.gov

Christian Shape Note Singing
Harmony
(704) 546-2279

8

Art After Hours
Wake Forest
(919) 435-6233
www.sunflowerstudiowf.com

Donna Robertson
Beaufort artist
June 8–25, Roanoke Island
(252) 475-1500
www.roanokeisland.com

10

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www.kittyhawk.com

11

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(336) 924-8191
www.bethabarapark.org

Hoffer Gallery Golf Invitational
Benefit for Cancer
Elizabeth City
(252) 331-1997
www.discoverelizabethcity.com

Charity Horse Show—Saddlebred
June 11–14, Blowing Rock
(828) 295-4700
www.blowingrockequestrian.com

12

Art After Hours
Music by The Possum Road Blue Grass Band
Wake Forest
(919) 435-6233
www.sunflowerstudiowf.com

Country Music Showcase: Hometown Heroes
June 12–13, Smithfield
(919) 209-2099
www.johnstoncountync.org

13

Art in the Park
Blowing Rock
(828) 295-7851
www.blowingrock.com

Dancing Under The Stars
Food, wine, music and dancing
Lewisville
(336) 945-5032
www.westbendvineyards.com

Fishing & Crabbing Rodeo
Pea Island
(252) 987-1118

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Lake Lure
(828) 245-1492

Fiesta Latina
Siler City
(919) 742-1448
www.evhnc.org

Flag Day
Hendersonville
(828) 891-6585
www.historicjohnsonfarm.org

Art By the Sea
Swansboro
(910) 326-7370
www.swansborofestivals.com

Michael Cooper
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www.kittyhawk.com

16

"Big River"
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www.ecu.edu

17

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18

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Art Crawl
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www.downhickory.com

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Concord
(704) 784-4208
www.concorddowntown.com

19

Earl Scruggs with Family & Friends
Shelby
(704) 487-6233
www.destinationclevelandcounty.org

Music & Water Festival
June 19–20, Edenton
(252) 482-3400
www.visitedenton.com

Hog Day
BBQ, music, crafts, food & rides
June 19–20, Hillsborough
(919) 968-2063

Taste of Scotland
June 19–21, Franklin
(828) 524-7472

"Rumors"
Neil Simon comedy
June 19–21, Fayetteville
(910) 483-5311

20

World Refugee Day
New Bern
(252) 633-9009
www.newbernfarmersmarket.com

Haunted Evening Tour
New Bern
(252) 638-8558
www.newbernhistorical.org

Juneteenth Celebration
Elizabeth City
(252) 331-2925
www.discoverelizabethcity.com

Horse Poker Ride
Love Valley
(336) 782-6362

National Hollerin' Contest
Spivey's Corner
(910) 567-2600
www.ibiblio.org/hollerin

Arts & Music Festival
Dillsboro
(828) 631-5100
www.visitdillsboro.org

Lavender Festival
June 20–21, Burnsville
(828) 675-4856
www.mountainfarm.net

21

Coats Estate Open House
Coats
(919) 894-4443
www.johnstoncountync.org

23

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25

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www.thelostcolony.org

Beach n' Blues Festival
June 25–26, Outer Banks
(252) 384-3494
www.planetouterbanks.com/festivals

26

Singing Convention
Southern Gospel
June 26–28, Benson
(919) 894-4389
www.johnstoncountync.org

Dora The Explorer & Go Diego Go
Tweetsie Railroad
June 26–28, Blowing Rock
(919) 277-1180
www.tweetsie.com

"Moonshine and Thunder—— The Junior Johnson Story"
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www.wilkesplaymakers.com

27

Anniversary Celebration
Tobacco Farm Life Museum, Kenly
(910) 284-3431
www.johnstoncountync.org

Songwriting Workshop & Performance
Carrboro
(919) 968-9410
www.openeyecafe.com

Rocky Broad Jump
Riverside rock hopping
Chimney Rock Park
(828) 245-1492
www.chimneyrockpark.com

Arts Council Fourth Friday
Fayetteville
(910) 483-5311
www.theartscouncil.org

Kiddo Fishing Derby
Beech Mountain
(800) 468-5506
www.beechmtn.com

Horse Show Series
Smithfield
(919) 934-1344
www.johnstoncountync.org

Wagon Train
June 27–July 4, Andrews
(828) 321-2376
www.cherokeecountychamber.com

28

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www.grandfathermountain.com

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$235,000.00	$1,243.64	30 YR. Fixed	4.87%	5.03%
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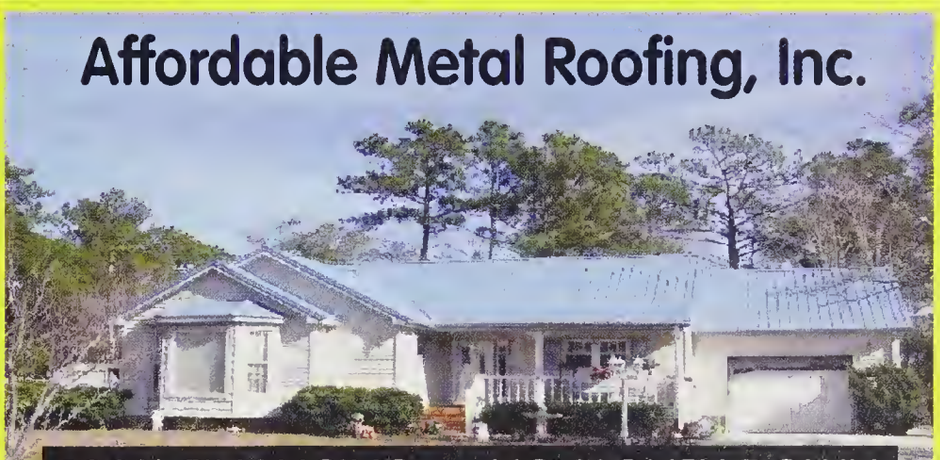

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By James Dulley

How to keep cool using less A/C

Using a central air conditioner or heat pump during the summer can significantly increase your utility bills. In today's economic climate, we all are to reduce our housing budget in every way possible. Using less air-conditioning, especially during the hottest summer weekday afternoons, can save you money on electric bills.

It is not too difficult or uncomfortable to get by with much less summer air-conditioning or none at all. There are four good methods to keep comfortable without air-conditioning: bringing in cooler outdoor air when possible; increasing the air velocity inside your house; minimizing the indoor humidity level; and blocking heat transmission into your house. Using all of these methods or a combination of a few can make a significant improvement. Once you become accustomed to the warmer ambient temperature, being in highly air-conditioned spaces will feel chilly.

A whole-house fan accomplishes two of these methods. At night, it typically brings in cooler air and exhausts the hot air from your house. A large whole-house fan can also create quite a pleasant breeze throughout your house. A typical unit uses just a fraction of the electricity a central air conditioner does.

Requiring no electricity, a solar chimney uses the sun itself to create a breeze throughout your house. A solar chimney is a tall chimney made with standard lumber. Two sides of it are covered with clear acrylic sheets and the inside is painted flat black. An opening at the base of the solar chimney is ducted through your house wall. When the sun shines through the acrylic on to the black interior, it gets hot and heats the air inside the chimney. Hot air rises up the chimney and draws air in the bottom from inside your house to create a breeze indoors. To make it more effective, you can mount a turbine vent over the top outlet opening.

Increasing the velocity of the indoor air can make a room feel 5 to 10 degrees cooler than still air at the same temperature.

Ceiling paddle fans use very little electricity and they can create a comforting effect. During summer, set the ceiling fan blade rotation so it blows the air downward (turning counter clockwise as you look up) and run it on medium or high speed for the most comfort. During winter, reverse the blade rotation so the air blows upward (turning clockwise as you look up) and run it on low speed. This will gently move the warm air at the ceiling out to the walls and down. Since it is on low speed, it will not create a draft that could feel chilly during winter.

If you plan to rely on natural ventilation through windows, it's best to have casement windows. When the sash projects out from the house, it tends to catch and direct the natural breezes into your house more than vertical or horizontal slider windows.

A ceiling fan creates a comfortable breeze in summer and circulates warm air during winter.

If have sliding windows, all is not lost. Fully open the windows on the downwind side of your house. There usually is a slightly lower pressure on this side so some air will be drawn from your house. Open the windows just a bit less on the windward side. This creates a faster airflow in through these partially-opened windows, making you more comfortable if you sit near them.

Need a few more quick tips for keeping things cool? Run your kitchen and bathroom vent fans whenever you are cooking or bathing to remove the moisture. Use the summer weather as an excuse to grill outside more often and reduce the cooking heat in your kitchen. Make sure the clothes dryer vent duct is not leaking and allowing hot humid air to stay indoors. Block heat from entering your windows and glass doors with awnings and window film. Install reflective foil under the attic rafters to block radiant heat from a hot roof. And make sure you have adequate attic ventilation and that insulation is not blocking soffit vents.

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

Have a question for Jim?
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COTTAGE GET-A-WAY in NC foothills–sleeps 4, pets allowed, no smoking. Call 336-351-3286 or www.horseshoefarmcottage.com

DAYTONA BEACH OCEANFRONT–One bedroom condo. Call 386-212-3887 or 407-522-1910–ask for Pat, e-mail: james9044@bellsouth.net.

OBX AVON HATTERAS ISLANO 4BR/2B near beach. Fenced yard, pet friendly, non-smoking. Email gary.jost@gmail.com

SMOKY MOUNTAIN LOG CABINS, Pigeon Forge, TN. 251-649-3344 or 251-649-4049–www.hideawayprop.com

LOG CABIN IN MOUNTAINS of Ashe County, NC. Daily or weekly rental. 336-982-2463. www.carsonlogcabin.netfirms.com

MYRTLE BEACH, OCEAN LAKES CAMPGROUNO–2BR, 1BA house sleeps 6. $800/week, 336-956-4405.

NC MOUNTAINS–outside Blowing Rock, 2 master suites, sleeps 6, peaceful views, Holloman House. 888-956-6568.

MYRTLE BEACH OCEAN LAKES RESORT. 3BR, 2BA house, sleeps 9. Lake front view, pools, special rates June/August, July 4th still open. 910-425-5704.

EMERALO ISLE, between Atlantic Beach, NC SummerWinds Resort, 4 BR, 3BA oceanfront. www.swartzproperties.com

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LAKE GASTON HOUSE, Waterfront property, 4/BR, 2/BA, sleeps 10. Call or e-mail for rates and reservations. Pictures available. 919-496-3729 or stewartsjewelers3729@yahoo.com

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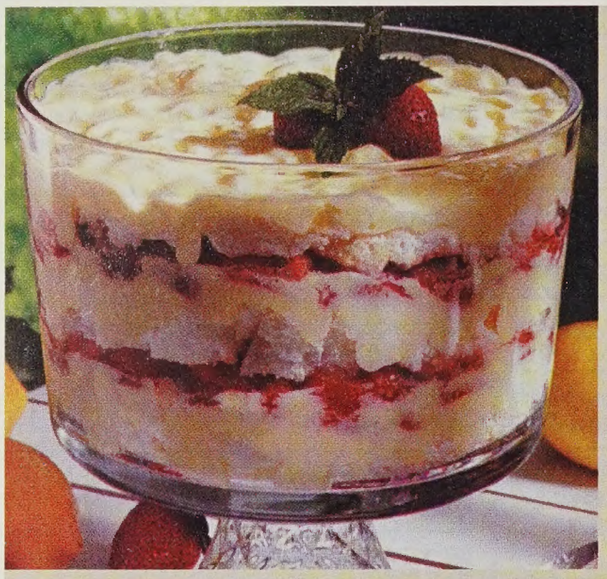

Strawberry Lemon Trifle

- 4 ounces fat-free cream cheese, softened
- 1 cup fat-free vanilla yogurt
- 2 cups fat-free milk
- 1 package (3.4 ounces) instant lemon pudding mix
- 2 teaspoons grated lemon peel
- 2½ cups sliced fresh strawberries, divided
- 1 tablespoon white grape juice, or water
- 1 prepared angel food cake (10 inches)

In a mixing bowl, beat cream cheese and yogurt. Add the milk, pudding mix and lemon peel; beat until smooth. In a blender, process ½ cup strawberries and grape juice until smooth.

Tear cake into 1-inch cubes; place a third in a trifle bowl or 3-quart serving bowl. Top with a third of the pudding mixture and half of the remaining strawberries. Drizzle with half of the strawberry sauce. Repeat. Top with remaining cake and pudding mixture. Cover and refrigerate for at least 2 hours.

Yield: 14 servings

These recipes are from "Tri-County's Best," a new cookbook published by Tri-County EMC. The book contains 700 recipes in a hardcover, 3-ring binder, with tabs for eight categories of recipes, plus an index and cooking tips. Proceeds from the book's sale benefit the Employee-Funded Scholarship Program. The cookbooks cost $12 plus $3 shipping (total $15) from Tri-County EMC, P.O. Box 130, Dudley, NC 28333. Phone: (919) 735-2611.

Strawberry Cake

- 1 butter recipe cake mix
- 1 container (9 ounce) Cool Whip
- 3 cups fresh strawberries, (chopped, sweetened)
- 1 carton (4 ounce) sour cream
- 2½ cups powdered sugar

Cook cake layers according to package instructions, cool and split to make 4 layers. Combine sour cream, Cool Whip and powdered sugar. Punch holes in cake layers, spoon berries over the layers. Spread icing over the berries. Refrigerate for 12 hours.

Crusted Tilapia

4 tilapia fillets (frozen are fine)

½–⅔ cup mayonnaise

¼ cup parmesan cheese

Plain bread crumbs

1 package dry Italian dressing mix

In a large mixing bowl, mix mayonnaise and parmesan cheese together. Coat fronts and backs of tilapia in this mixture. Place the tilapia in a Pyrex dish and sprinkle lightly with bread crumbs and just a little dry Italian dressing mix. Place in 400-degree oven and bake approximately 25–35 minutes or until golden brown.

Send Us Your Recipes

Contributors whose recipes are published will receive $25. We retain reprint rights for all submissions. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com

Recipes are by Taste of Home magazine,unless otherwise indicated. For a sample copy, send $2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at www.tasteofhome.com.

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Strawberry Freezer Jam

- 2 quarts fresh strawberries
- 5½ cups sugar
- 1 cup light corn syrup
- ¼ cup lemon juice
- ¾ cup water
- 1 package (1¾ ounces) powdered fruit pectin

Wash and mash the berries, measuring out enough mashed berries to make 4 cups; place in a large bowl. Stir in the sugar, corn syrup and lemon juice. Let stand for 10 minutes.

In a small saucepan, bring water and pectin to a boil. Stirring constantly, cook for 1 minute. Add to fruit mixture; stir for 3 minutes.

Pour into jars or freezer containers, leaving ½-inch headspace. Cover and let stand overnight or until set, but not longer than 24 hours. Refrigerate for up to 3 weeks or freeze for up to 1 year.

Yield: 4½ pints

Winning reader recipe

Lemonade Poke Cake

- 1 package Super Moist Lemon Cake Mix
- 1 can (6 ounces) frozen lemonade concentrate, thawed
- ¾ cup powdered sugar
- 1 can soft whipped fluffy white or fluffy lemon ready-to-spread frosting

Heat oven to 350 degrees. Prepare and bake cake as directed on package for a 13-by-9-by-2-inch rectangular pan. Cool 15 minutes.

Stir together lemonade concentrate and powdered sugar. Poke warm cake with fork at ½-inch intervals, wiping fork occasionally to reduce sticking. Drizzle lemonade mixture evenly over cake. Refrigerate cake until cold. Spread cold cake with frosting. Cover and refrigerate.

Sybil Collins of Swansboro, NC, a member of Carteret-Craven Electric, will receive $25 for submitting this recipe.

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